

## Supplementary Table 2. Lymphoedema stage

*Proportion of legs by stage of lymphoedema and group at baseline and 24-weeks.*

<b>Control Group</b>					
	<i>Leg</i>	<i>Stage 0</i> <i>n (%)</i>	<i>Mild</i> <i>n (%)</i>	<i>Moderate</i> <i>n (%)</i>	<i>Severe</i> <i>n (%)</i>
Baseline					
n=142 legs	Left	29 (40.8)	1 (1.4)	30 (42.2)	11 (15.5)
	Right	25 (35.2)	0 (0.0)	25 (35.2)	21 (29.6)
	Total	<b>54 (38.0)</b>	<b>1 (0.7)</b>	<b>55 (38.7)</b>	<b>32 (22.5)</b>
24-weeks					
n=61	Left	22 (36.1)	0 (0.0)	32 (52.5)	7 (11.5)
	Right	21 (34.4)	0 (0.0)	30 (49.2)	10 (16.4)
	Total	<b>43 (35.2)</b>	<b>0 (0.0)</b>	<b>62 (50.8)</b>	<b>18 (14.8)</b>
	$\Delta$ B-24	-3%	-0.7%	+ 12.1%	-8.4%
<b>Intervention Group</b>					
	<i>Leg</i>	<i>Stage 0</i> <i>n (%)</i>	<i>Mild</i> <i>n (%)</i>	<i>Moderate</i> <i>n (%)</i>	<i>Severe</i> <i>n (%)</i>
Baseline					
n=71	Left	26 (36.6)	2 (2.8)	33 (46.4)	10 (14.1)
	Right	32 (45.1)	1 (1.4)	26 (36.8)	12 (16.9)
	Total	<b>58 (40.8)</b>	<b>3 (2.1)</b>	<b>59 (41.5)</b>	<b>22 (15.5)</b>
24-weeks					
n=66	Left	26 (39.4)	0 (0.0)	31 (47.0)	7 (10.6)
	Right	24 (36.4)	0 (0.0)	34 (51.5)	8 (12.1)
	Total	<b>50 (37.9)</b>	<b>0 (0.0)</b>	<b>65 (49.2)</b>	<b>15 (11.4)</b>
	$\Delta$ B-24	-3.1%	-2.1%	+ 7.7%	-4.1%

$\Delta$  B-24 change from baseline to 24-weeks