

### Supplementary Table 3. Mid-calf Circumference

*Baseline mid-calf circumference in cm by group and stage*

Stage	Group	N (legs)	Mean	SD
Stage 0	Standard self-care	54	24.2	2.98
	Enhanced self-care	58	24.3	4.21
Moderate	Standard self-care	55	31.8	3.82
	Enhanced self-care	59	30.7	4.59
Severe	Standard self-care	32	35.4	4.49
	Enhanced self-care	22	36.6	5.21

*SD = standard deviation*

*Change in mid-calf circumference from baseline to follow-up at 4-, 12- and 24-weeks by stage and group.*

	4 weeks		12 weeks		24 weeks	
	Control	Intervention	Control	Intervention	Control	Intervention
Stage 0	-1.7% -0.42 (-1.07, 0.23) P=0.205	-0.4% -0.1 (-0.72, 0.51) P=0.743	+1.2% 0.28 (-0.39, 0.95) P=0.409	+1.2% 0.29 (-0.33, 0.92) P=0.356	+5.1% 1.24 (0.57, 1.91) P<0.001	+6.0% 1.46 (0.84, 2.09) P<0.001
Moderate	-4.8% -1.53 (-2.07, -0.99) P<0.001	-3.9% -1.21 (-1.72, -0.7) P<0.001	-4.2% -1.33 (-1.87, -0.78) P<0.001	-4.3% -1.31 (-1.83, -0.8) P<0.001	-1.3% -0.40 (-0.95, 0.15) P=0.156	-0.6% -0.18 (-0.69, 0.33) P=0.488
Severe	-3.6% -1.27 (-1.92, -0.62) P<0.001	-2.6% -0.95 (-1.63, -0.27) P=0.006	-3.3% -1.17 (-1.83, -0.5) P=0.001	-3.2% -1.16 (1.84, -0.47) P=0.001	+0.0% 0.03 (-0.63, 0.69) P=0.931	+0.7% 0.25 (-0.44, 0.93) P=0.477

*Clinically relevant change  $\geq 2\text{cm}$*