Supplementary Table S1. Trial outcomes.

		Intervention Group (n=31)	Control Group (n=25)	Baseline-adjusted Group Comparison	
				Estimate ± SE	*p*-value
Pain [NRS] (mean ± SD)	Baseline	5 ± 2.14	5.4 ± 2.25		
	After intervention	2.97 ± 1.83	4.52 ± 2.12	-1.31 ± 0.4	0.002
	12-week follow-up visit	3.65 ± 2.42	4.84 ± 2.32	-1.0 ± 0.57	0.089
HAQ (mean ± SD)	Baseline	0.98 ± 0.62	1.24 ± 0.54		
	After intervention	0.77 ± 0.56	1.22 ± 0.62	-0.21 ± 0.07	0.003
	12-week follow-up visit	0.81 ± 0.59	1.26 ± 0.73	-0.24 ± 0.13	0.061
DAS28 (mean ± SD)	Baseline	4.84 ± 1.55	4.45 ± 1.32		
	After intervention	3.75 ± 1.46	4.2 ± 1.44	-0.67 ± 0.33	0.045
	12-week follow-up visit	4.01 ± 1.38	4.32 ± 1.55	-0.44 ± 0.37	0.237
TNF-α [pg/ml] (mean ± SD)	Baseline	1.99 ± 0.8	1.37 ± 0.75		
	After intervention	1.21 ± 0.48	1.33 ± 0.47	-0.21 ± 0.13	0.116
	12-week follow-up visit	0.79 ± 0.411.	49 ± 1	-0.64 ± 0.21	0.004
IL-6 [pg/ml] (mean ± SD)	Baseline	5.46 ± 5.66	5.24 ± 8.24		
	After intervention	3.5 ± 2.87	8.04 ± 6.55	-4.58 ± 3.02	0.135
	12-week follow-up visit	3.04 ± 1.81	18.95 ± 46.3	-15.9 ± 8.5	0.068
IL-10 [pg/ml] (mean ± SD)	Baseline	25.04 ± 78.29	17.38 ± 36.16		
	After intervention	28.04 ± 103.39	16.38 ± 30.41	2.16 ± 4.06	0.597
	12-week follow-up visit	11.48 ± 24.25	11.11 ± 16.34	-0.94 ± 4.74	0.844

p-values for between-group changes were calculated using the non-parametric Mann-Whitney U-test; for in-group changes the non-parametric Wilcoxon test was used. *p*-values were adjusted for multiple comparisons using the Bonferroni-Holm correction.
IL: interleukin; TNF: tumour necrosis factor; NRS: numeric rating scale; HAQ: Health Assessment Questionnaire; DAS28: 28 joint disease activity score; SD: standard deviation; SE: standard error; CI: confidence interval.