

Supplementary Table S1. MANCOVA analysis.

Effect		Value	F	DF	Error DF	Sig.
IENFD thigh	Roy square	3.064	44.936 ^b	6.000	88.000	<0.001
	Roy square	0.175	2.567 ^b	6.000	88.000	0.024
IENFD Foot	Roy square	0.228	3.349 ^b	6.000	88.000	0.005
T0 vs T1	Roy square	0.326	4.787 ^b	6.000	88.000	<0.001
Physical exercise Yes vs. Not	Roy square	0.056	0.818 ^b	6.000	88.000	0.559
AED vs. AD vs. AED+AD	Roy square	0.338	5.021 ^c	6.000	89.000	<0.001
Phase T0 vs. T1* physical exercise yes vs. not	Roy square	0.166	2.438 ^b	6.000	88.000	0.032
Phase T0 vs. T1*	Roy square	0.197	1.620	12.000	178.000	0.089
Therapy AED vs. AD vs. AED+AD	Roy square	0.812	1.610 ^b	12.000	176.000	0.092
	Roy square	0.221	1.599	12.000	174.000	0.095
	Roy square	0.145	2.144 ^c	6.000	89.000	0.056

a. Outline: Intercept + PTH densityT0 + DL densityT0 + phase + physical activity T1 + therapy + phase * physical activityT1 + phase * therapy + physical activity T1 * therapy + phase * physical activity T1 * therapy

b. Exact statistics

c. The statistic is an upper limit on F that produces a lower limit on the level of significance.

Supplementary Table S2. Mancova analysis, intra subjects effect.

Origin	Dependent variable	Sum of squares type III	df	Quadratic mean	F	Sig.
Correct Model	BPI-Pain	1723.585 ^a	13	132.583	2.855	0.002
	fatigue	4363.384 ^b	13	335.645	3.268	<0.001
	DN4	2339.928 ^c	13	179.994	2.259	0.013
	BPI-movement	459.746 ^d	13	35.365	1.073	0.392
	BPI-work	690.560 ^e	13	53.120	2.368	0.009
	FIQ	1504.104 ^f	13	115.700	0.664	0.793
Intercept	BPI-Pain	8886.549	1	8886.549	191.392	<0.001
	fatigue	8893.694	1	8893.694	86.596	<0.001
	DN4	163.548	1	163.548	2.052	0.155
	BPI-movement	2935.714	1	2935.714	89.110	<0.001
	BPI-work	3500.580	1	3500.580	156.035	<0.001
	FIQ	23191.320	1	23191.320	133.037	<0.001
IENFD P	BPI-Pain	11.968	1	11.968	0.258	0.613
	fatigue	246.098	1	246.098	2.396	0.125
	DN4	0.154	1	0.154	0.002	0.965
	BPI-movement	109.291	1	109.291	3.317	0.072
	BPI-work	255.679	1	255.679	11.397	0.001
	FIQ	268.485	1	268.485	1.540	0.218
IENFD D	BPI-Pain	127.477	1	127.477	2.745	0.101
	fatigue	12.866	1	12.866	0.125	0.724
	DN4	45.466	1	45.466	0.571	0.452
	BPI-movement	42.924	1	42.924	1.303	0.257
	BPI-work	102.390	1	102.390	4.564	0.035
	FIQ	101.869	1	101.869	0.584	0.447
Phase T0 vs. T1	BPI-Pain	579.040	1	579.040	12.471	0.001
	fatigue	1579.727	1	1579.727	15.381	<0.001
	DN4	806.534	1	806.534	10.122	0.002
	BPI-movement	80.477	1	80.477	2.443	0.121
	BPI-work	91.811	1	91.811	4.092	0.046
	FIQ	32.458	1	32.458	0.186	0.667
Physical exercise (Yes vs. not)	BPI-Pain	114.253	1	114.253	2.461	0.120
	fatigue	295.077	1	295.077	2.873	0.093
	DN4	52.301	1	52.301	0.656	0.420
	BPI-movement	18.786	1	18.786	0.570	0.452
	BPI-work	30.037	1	30.037	1.339	0.250
	FIQ	316.929	1	316.929	1.818	0.181
Treatments (AED vs. AD vs. AED+AD)	BPI-Pain	492.430	2	246.215	5.303	0.007
	fatigue	1277.829	2	638.915	6.221	0.003
	DN4	54.359	2	27.180	0.341	0.712
	BPI-movement	24.328	2	12.164	0.369	0.692
	BPI-work	102.384	2	51.192	2.282	0.108
	FIQ	60.416	2	30.208	0.173	0.841
Phase T0 vs. T1 vs. physical exercise yes vs. not)	BPI-Pain	56.099	1	56.099	1.208	0.275
	fatigue	554.034	1	554.034	5.394	0.022
	DN4	107.100	1	107.100	1.344	0.249
	BPI-movement	78.289	1	78.289	2.376	0.127
	BPI-work	4.066	1	4.066	0.181	0.671
	FIQ	27.384	1	27.384	0.157	0.693
Phase T0 vs. T1 vs. treatments (AED vs. AD vs. AED+AD)	BPI-Pain	215.905	2	107.953	2.325	0.103
	fatigue	658.446	2	329.223	3.206	0.045
	DN4	60.068	2	30.034	0.377	0.687
	BPI-movement	66.225	2	33.112	1.005	0.370
	BPI-work	25.955	2	12.978	0.578	0.563
	FIQ	31.036	2	15.518	0.089	0.915

a. R-squared = .285 (R-squared adjusted = .185)
 b. R-squared = .314 (R-squared adjusted = .218)
 c. R-squared = .240 (R-squared adjusted = .134)
 d. R-squared = .130 (R-squared adjusted = .009)
 e. R-squared = .249 (R-squared adjusted = .144)
 f. R-squared = .085 (R-squared adjusted = -.043)