

Table S1. Intervention Exercises

Physical therapy sessions		
Position	Activity listed in order of progression	Dosage
Supine	Manual stretching of hamstrings gastrocnemius, soleus, quadriceps, adductors, internal and external hip rotators	2 sets of 30- to 60-second holds for each muscle group
Supine	Open chain active assistive exercises: quad sets, short arc quads, knees to chest, leg abduction/adduction	3 sets of 10 repetitions
Hook lying	Bridging	3 sets of 10-20 repetitions
Seated	Cycling on a recumbent bike with lower extremities secured and arm assistance as needed	5-10 minutes
Seated	Perturbations, head scanning, rows with resistance band, trunk twists with resistance band, same side and cross midline reaching for objects, recline to sit from wedge	2 sets of 10-20 repetitions
Quadruped	Perturbations, weight shifting forward and laterally, unilateral arm lift, unilateral leg lift, quadruped to tall kneel (with or without hand support)	2 sets of 10-20 repetitions
Tall kneel	Perturbations, 2 hand support unilateral arm lift, 1 hand support static hold, no hand support static hold, rows with resistance band, trunk twists with resistance band, ball lift overhead, ball trunk twists and diagonals	2 sets of 10-20 repetitions or 30- to 60-second static holds
Standing	Squats in parallel bars with progressively less upper extremity use	3 sets of 5-10 repetitions
Home exercise program		
Position	Activity listed in order of progression	Dosage
Seated	Self-stretching of hamstring and gastrocnemius soleus complex, wheelchair push-ups	30- to 60-second holds or 3 sets of 10-20 repetitions to be performed 3 times a week
Supine	Bridging, quad sets, or short-arc quads	
Various	Resistive band exercise for trunk and upper extremity strengthening depending on ability during treatment to perform the activity safely	

Table S2. Baseline Demographics

	Drug (n = 13)	Placebo (n = 14)	<i>P</i> value
	Mean ± SD	Mean ± SD	
Age	57.5 ± 10.2	57.5 ± 4.6	.98
Gender (F/M)	9/4	10/4	.91
EDSS	7.4 ± 0.47	7.3 ± 0.38	.44
Disease duration (years)	24.3 ± 12.0	21.6 ± 11.9	.56
DMT use (yes/no)	6/7	6/8	.73

DMT, disease-modifying therapy; EDSS, Expanded Disability Status Scale; F/M, female/male.