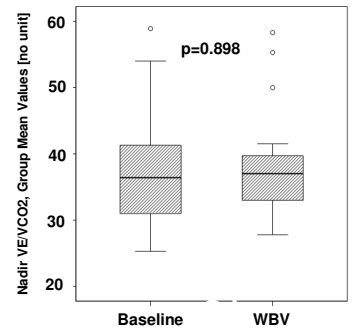
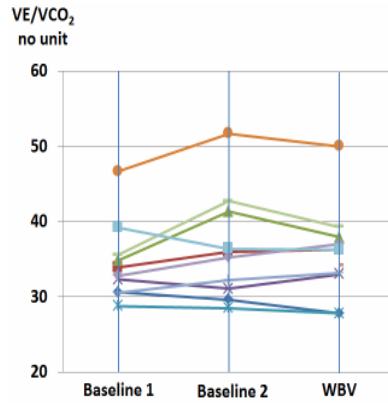
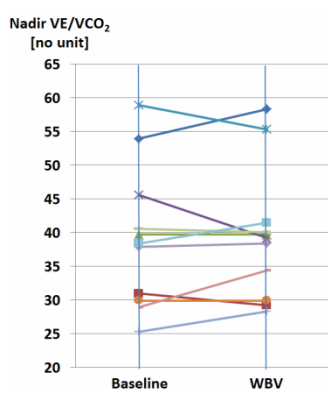
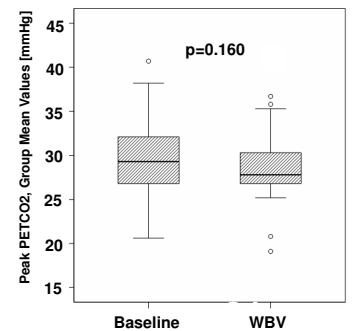
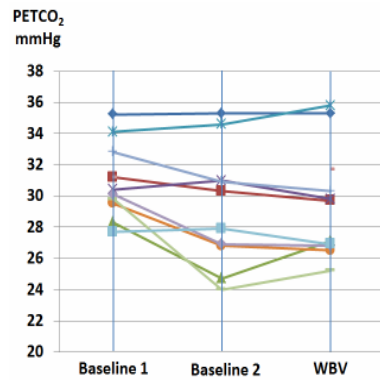
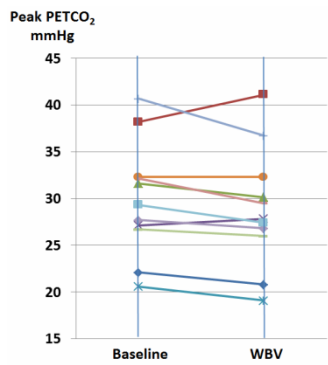


A
Nadir
VE/VCO₂



B
Peak
PETCO₂



Supplementary Figure 1 Additional exercise gas exchange parameters obtained by cardiopulmonary exercise testing. Left and middle column: Display of all cases before and after “Whole-Body Vibration” (WBV) in the WBV-only and control-WBV groups (each n=11). Box plots show the whole cohort (n=22) at baseline and at end of WBV. **(A)** Nadir VE/VCO₂. **(B)** Peak PETCO₂. VE: Minute ventilation; VCO₂: Carbon dioxide output; PETCO₂: End-tidal CO₂ partial pressure.

	Baseline 1	Baseline 2	End of treatment	p-value (Baseline 1 vs. End of treatment)	p-value (Baseline 2 vs. End of treatment)
WBV only					
Total Score	26,2 ± 5,1	-	17,6 ± 5,0	0,040	
Physical Dimension Score	14,0 ± 2,0	-	10,2 ± 2,2	0,080	
Emotional Dimension Score	4,8 ± 2,3	-	3,2 ± 1,8	0,049	
Control-WBV					
Total Score	41,2 ± 5,1	40,1 ± 4,9	27,0 ± 4,6		0,004
Physical Dimension Score	19,4 ± 1,8	19,3 ± 1,9	13,2 ± 2,0		0,004
Emotional Dimension Score	9,7 ± 1,9	9,5 ± 2,2	5,4 ± 1,7		0,054
All					
	BL		EOT	BL vs. EOT	
Total Score	33,7 ± 3,7		22,3 ± 3,5	0,001	
Physical Dimension Score	16,7 ± 1,4		11,7 ± 1,5	0,00	
Emotional Dimension Score	7,3 ± 1,5		4,3 ± 1,2	0,005*	

Supplementary Table 1 Impact of WBV on health-related quality of life (HRQoL). LPH questionnaire (105 scale). Shown are the total LPH score, physical dimension score, and mental dimension score at baseline (BL) and end of treatment (EOT) in the “WBV only” and “Control-WBV” groups (n=11 each), and in the whole cohort (n=22) after four weeks of WBV versus baseline.