**Primary Analysis:** We will conduct an intention-to-treat (ITT) analysis that includes all participants who wore the monitor for ≥4 days at ≥1 timepoint (BL¹, DC², and/or 6M³). We will examine the main and interaction effects of group (Intervention vs. Control) and time (BL, DC, 6M) on time spent in moderate-to-vigorous physical activity (MVPA, minutes/day). We will use a mixed-effects model adjusted for age, sex, and body mass index, and other potential confounders.

**Secondary Analysis #1:** We will conduct a per-protocol (PP) analysis that only includes participants who wore the monitor for ≥4 days at all three timepoints (BL, DC, and 6M), but is otherwise identical to the Primary Analysis.

**Secondary Analysis #2:** We will conduct an ITT analysis that includes all participants who wore the monitor for ≥4 days at ≥1 timepoint (BL, DC, and/or 12M⁴). We will again examine the main and interaction effects of group (Intervention vs. Control) and time (BL, DC, 12M) on time spent in MVPA (minutes/day) using a mixed-effects model adjusted for age, sex, and body mass index, and other potential confounders.

**Secondary Analysis #3:** We will conduct a PP analysis that only includes participants who wore the monitor for ≥4 days at all three timepoints (BL, DC, and 12M), but is otherwise identical to Secondary Analysis #2.

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¹ Baseline (BL) visit is soon after initial physical therapy (PT) evaluation.
² Discharge (DC) visit is at formal discharge from PT.
³ 6 Months (6M) visit is at 6 months after DC.
⁴ 12 Months (12M) visit is at 12 months after DC.
Sample Size

Based on the findings of our pilot study, we hypothesized that the mean time spent in MVPA for the Intervention group would be 5-6 minutes/day higher than the mean for the Control group, with a standard deviation of 8.5 minutes/day. Thus, a sample size of 100 participants (n=50 in each group) was selected to provide 80-90% power to detect a statistically significant difference between groups, should one exist. To account for an anticipated 20% attrition rate, we recruited a total of 125 participants (n=62 or 63 in each group) for this study.

References