

## **SUPPLEMENTARY MATERIAL**

### **36-Item Short Form Survey (SF-36)**

The SF-36 is a non-disease specific health related quality of life measure developed as part of the Medical Outcome Study (MOS). The SF-36 is self-administered and measures 8 domains of health status; physical functioning, physical role limitations, emotional role limitations, pain, general health perceptions, energy/vitality, social functioning and mental health.

### **EuroQol 5-Dimension 5-Level health questionnaire (EQ-5D-5L)**

The EQ-5D-5L is a non-disease specific health related quality of life measure developed by the EuroQol group. The EQ-5D-5L is self-administered and measures health 5 dimensions (mobility, self-care, usual activities, pain or discomfort, and anxiety or depression) and uses a visual analogue score to measure health today on a scale from 0 to 100

### **Medical Outcome Study Sleep Scale (MOS Sleep)**

The MOS Sleep is a sleep measure developed as part of the Medical Outcome Study (MOS). The questionnaire is self-administered and assesses 12 items; sleep disturbance, sleep adequacy, somnolence, quantity of sleep, snoring, and awakening short of breath or with a headache.

### **Hospital Anxiety and Depression Score (HADS)**

The HADS is a self-administered questionnaire comprising of seven questions for anxiety and seven questions for depression. Anxiety and depression scores are calculated independently and are categorised in the following thresholds: 8–10 mild, 11–14 moderate, 15–21 severe. For both scales, scores of less than 7 indicate non-cases.

**Footplate Stimulation Programme and Parameters**

Mode	Phase Duration (µs)	Basic Wave Frequency (kHz)	Frequency (Hz)	On Duration (s)	Off Duration (s)	Voltage (V) (Level=99)	Current (mA) (Level=99)	Voltage (V) (Level=50)	Current (mA) (Level=50)
Tolerance	±10%	±10%	±10%	±10%	±10%	±15%	±15%	±15%	±15%
1	450	1.4	20.0	3.2	1.0	70	10.1	43	6.4
2	450	1.4	25.0	6.9	1.0	69	11.3	42	7.4
3	450	1.4	38.8	4.4	1.0	66	12.9	41	8.2
4	450	1.4	35.7	7.1	1.0	67	12.8	41	8.1
5	450	1.4	32.5	4.4	1.5	67	12.7	40	7.9
6	450	1.4	32.4	4.6	1.0	67	12.6	40	7.9
7	970	1.0	35.6	1.9	1.5	52	14.0	34	9.7
8	450	1.4	25.3	4.3	1.5	70	11.4	43	7.4
9	450	1.4	32.5	7.8	1.0	68	12.5	40	7.7
10	450	1.4	43.7	8.3	1.0	63	13.6	37	8.3
11	450	1.4	31.3	2.2	1.5	68	12.4	40	7.7
12	450	1.4	43.6	5.5	1.0	63	13.4	37	7.9
13	450	1.4	43.7	4.6	1.0	67	12.6	40	7.9
14	450	1.4	37.6	4.2	1.0	66	13.2	41	8.3
15	450	1.4	43.7	5.0	1.0	62	13.5	37	8.3

Quadriceps Stimulation Programme and Parameters

Mode	Phase Duration (µs)	Basic Wave Frequency (kHz)	Frequency (Hz)	On Duration (s)	Off Duration (s)	Voltage (V) (Level=99)	Current (mA) (Level=99)	Voltage (V) (Level=50)	Current (mA) (Level=50)
Tolerance	±10%	±10%	±10%	±10%	±10%	±15%	±15%	±15%	±15%
1	450	1.4	32.5	33	27	65.2	12.2	41.2	8.14
2	450	1.4	32.5	13	17	65.2	12.2	41.2	8.14