**Table S4 - *Results from the functional mobility scale (FMS)***

|  |  |
| --- | --- |
| **Score** | **Distance** |
|  | **5 metres** | **50 metres** | **500 metres** |
|  | ***n*** | ***%*** | ***n*** | ***%*** | ***n*** | ***%*** |
| **1; Uses a wheelchair, stepping supported by another person or uses a walking frame**  | 15 | 11.7 | 19 | 14.8 | 37 | 28.9 |
| **2; Uses a walking frame without help from another person** | 12 | 9.4 | 16 | 12.5 | 9 | 7.0 |
| **3; Uses crutches without help from another person** |  9 |  7 |  7 |  5.5 |  6 | 4.7  |
| **4; Uses walking sticks (one or two) without help from another person or uses furniture/walls** | 28 | 21.9 | 28 | 21.9 | 23 | 18.0 |
| **5; Indep on all surfaces without walking aids but needs rails on stairs** | 41 | 32.0 | 29 | 22.7 | 21 | 16.4 |
| **6; Indep on all surfaces without walking aids** | 20 | 15.6 | 17 | 13.3 | 14 | 10.9 |
| **N; Does not apply/cannot walk this distance** | 3 | 2.3 | 12 | 9.4 | 18 | 14.1 |