

Littman AJ, Boyko EJ, Thompson ML, Haselkorn JK, Sangeorzan BJ, Arterburn DE. Physical activity barriers and enablers in older Veterans with lower-limb amputation. J Rehabil Res Dev. 2014;51(6):895–906.

Supplemental Table 1. Distributions of being physically active, by amputation level

| Characteristics | Physically active ^a | | |
|---|--------------------------------|------------|------------|
| | Partial foot | Below knee | Above knee |
| | (n=55) | (n=62) | (n=41) |
| | Row % | | |
| Overall | 30.9 | 46.8 | 56.1 |
| <u>Demographic and health characteristics</u> | | | |
| Age categories | | | |
| <55 | 55.6 | 66.7 | ‡ |
| 55-64 | 20.0 | 48.3 | 61.9 |
| 65-74 | 37.5 | 50.0 | 71.4 |
| ≥75 | 20.0 | 16.7 | 37.5 |
| Amputation due to trauma | | | |
| No | 33.3 | 41.7 | 42.1 |
| Yes | 20.0 | 53.9 | 68.2 |
| Mobility status | | | |
| I do not walk | ‡ | ‡ | 40.0 |
| Walk using a prosthesis | 33.3 | 48.2 | 66.7 |
| Walk without need of a prosthesis | 29.3 | ‡ | ‡ |
| Time since amputation | | | |
| 6-<12 months | ‡ | ‡ | ‡ |

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| | | | |
|---|------|------|------|
| 12 months-<3 years | 55.6 | 62.5 | 50.0 |
| 3-8 years | 14.3 | 52.9 | 50.0 |
| 8-32 years | 42.9 | 42.1 | 40.0 |
| >32 years | 33.3 | 41.7 | 66.7 |
| Missing | 28.6 | ‡ | ‡ |
| Wealth | | | |
| Able to buy special things | 31.3 | 66.7 | 66.7 |
| Unable to buy special things | 31.6 | 39.1 | 45.5 |
| Education | | | |
| Less than a college graduate | 29.6 | 46.3 | 51.9 |
| College graduate or more | 36.4 | 50.0 | 69.2 |
| Body mass index (kg/m²) | | | |
| <25.0 | 38.9 | 58.3 | 60.0 |
| 25.0-29.9 | 25.0 | 44.0 | 53.9 |
| 30.0-34.9 | 35.7 | 47.1 | 63.6 |
| ≥35.0 | 20.0 | 30.0 | 33.3 |
| Physical health t-score | | | |
| ≤ median | 20.8 | 38.2 | 50.0 |
| > median | 38.7 | 61.5 | 61.9 |
| Mental health t-score | | | |
| < median | 30.8 | 42.4 | 64.7 |
| ≥ median | 30.8 | 55.6 | 52.2 |
| Pain interference | | | |

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| | | | |
|--|------|------|------|
| < median | 29.6 | 46.4 | 56.3 |
| ≥ median | 32.1 | 48.4 | 58.3 |
| Frequency of vigorous exercise | | | |
| prior to amputation | | | |
| Never/rarely | 16.7 | 35.7 | 22.2 |
| Sometimes (2-4x/wk) | 33.3 | 52.2 | 42.9 |
| Often (5-7x/wk) | 50.0 | 50.0 | 88.2 |
| Watches television ≥5 hours/day | | | |
| No | 39.0 | 52.4 | 65.5 |
| Yes | 7.1 | 35.0 | 33.3 |
| <u>Barriers to activity</u>^b | | | |
| Resource-related | 35.7 | 40.0 | 52.6 |
| Pain-related | 28.6 | 37.8 | 52.6 |
| Knowledge-related | 9.1 | 20.0 | 50.0 |
| Health-related | 13.3 | 42.9 | 50.0 |
| Motivation/other | | | |
| Lack of interest in exercising | 22.2 | 21.1 | 30.0 |
| Fatigue or sleepiness | 20.0 | 31.6 | 62.5 |
| Fear of falling | 0.0 | 25.0 | 50.0 |

‡ Percentages not presented when there were ≤5 people with a given characteristic

^a Definition of being physically active based on CDC PA Guidelines [1]. Active defined as ≥75 minutes per week of vigorous intensity activity or ≥150 minutes of a moderate-intensity activity,

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or an equivalent combination of the two (see methods). Percentages present the proportion of those physically active for whom the row characteristic was present.

^b See Table 2 for more details

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Supplementary Table 2. Overall distributions and associations with being physically active, among individuals with an amputation >12 months prior

| Characteristics | Physically active? ^a | Association between characteristic and being physically active | |
|---|------------------------------------|--|-----------|
| | N=151 Row % | RR | 95% CI |
| Overall | 43.7 | -- | -- |
| <u>Demographic and health characteristics</u> | | | |
| Age categories | | | |
| <55 | 61.1 | 1.3 | 0.84, 2.1 |
| 55-64 | 45.9 | 1.0 | Ref |
| 65-74 | 47.6 | 1.0 | 0.68, 1.6 |
| ≥75 | 24.9 | 0.56 | 0.28, 1.1 |
| Level of amputation | | | |
| Partial foot | 32.0 | 0.70 | 0.43, 1.1 |
| Below knee | 45.9 | 1.0 | Ref |
| Above knee | 55.0 | 1.2 | 0.81, 1.8 |
| Amputation due to trauma | | | |
| No | 37.9 | 1.0 | Ref |
| Yes | 53.6 | 1.4 | 0.99, 2.0 |
| Mobility status | | | |
| I do not walk | 43.8 | 1.0 | Ref |
| Walk using a prosthesis | 50.6 | 1.2 | 0.64, 2.1 |

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| | | | |
|---|------|------|------------|
| Walk without need of a prosthesis | 31.6 | 0.72 | 0.35, 1.5 |
| Time since amputation | | | |
| 6-<12 months | -- | -- | -- |
| 12 months-<3 years | 56.5 | 1.4 | 0.80, 2.3 |
| 3-8 years | 37.8 | 0.91 | 0.51, 1.6 |
| 8-32 years | 41.7 | 1.0 | Ref |
| >32 years | 51.5 | 1.2 | 0.74, 2.1 |
| Missing | 31.8 | 0.76 | 0.37, 1.6 |
| Wealth | | | |
| Able to buy special things | 54.4 | 1.0 | Ref |
| Unable to buy special things | 37.9 | 0.70 | 0.48, 1.00 |
| Education | | | |
| Less than a college graduate | 40.5 | 1.0 | Ref |
| College graduate or more | 58.6 | 1.4 | 0.99, 2.1 |
| Body mass index (kg/m²) | | | |
| <25.0 | 48.6 | 1.1 | 0.71, 1.8 |
| 25.0-29.9 | 42.9 | 1.0 | Ref |
| 30.0-34.9 | 52.6 | 1.2 | 0.79, 1.9 |
| ≥35.0 | 26.9 | 0.63 | 0.31, 1.3 |
| Physical health t-score | | | |
| ≤ median | 37.3 | 1.0 | Ref |
| > median | 51.4 | 1.4 | 0.95, 2.0 |
| Mental health t-score | | | |

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| | | | |
|---|------|-------------|-------------------|
| < median | 43.8 | 1.0 | Ref |
| ≥ median | 45.8 | 1.0 | 0.73, 1.5 |
| Pain interference | | | |
| < median | 42.7 | 1.0 | Ref |
| ≥ median | 45.6 | 1.1 | 0.74, 1.5 |
| Frequency of vigorous exercise prior to amputation | | | |
| Never/rarely | 24.3 | 1.0 | Ref |
| Sometimes (2-4x/wk) | 41.0 | 1.7 | 0.88, 3.2 |
| Often (5-7x/wk) | 63.3 | 2.6 | 1.4, 4.8 |
| ≥5 hours/day watching TV/videos | | | |
| No | 51.4 | 1.0 | Ref |
| Yes | 26.1 | 0.51 | 0.30, 0.86 |
| <u>Barriers to activity</u>^b | | | |
| Pain-related | 38.3 | 0.77 | 0.53, 1.1 |
| Resource-related | 41.2 | 0.88 | 0.61, 1.3 |
| Knowledge-related | 25.6 | 0.51 | 0.29, 0.90 |
| Health-related | 37.0 | 0.79 | 0.51, 1.2 |
| Motivation/other | | | |
| Lack of interest in exercising | 23.7 | 0.47 | 0.25, 0.85 |
| Fatigue or sleepiness | 34.2 | 0.71 | 0.44, 1.1 |
| Fear of falling | 25.9 | 0.54 | 0.28, 1.1 |

Bolded values have a $p < 0.05$

^a Definition of being physically active based on CDC PA Guidelines [1]. Active defined as ≥ 75 minutes per week of vigorous intensity activity or ≥ 150 minutes of a moderate-intensity activity,

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Supplemental Table 3. Proportion of participants reporting that factors would help them become or stay active, by amputation level

| Facilitators | Partial foot (n=55) | Below knee (n=62) | Above knee (n=41) |
|---|--------------------------------|------------------------------|------------------------------|
| Free or no cost membership to a gym | 47.3 | 33.9 | 51.2 |
| Support from spouse or family member | 35.2 | 32.3 | 42.5 |
| Home exercise equipment | 22.2 | 30.7 | 30.0 |
| Specialized equipment to do the exercise I would like to do | 11.3 | 40.3 | 26.8 |
| An exercise “buddy” or partner | 24.1 | 25.8 | 22.0 |
| Transportation to a gym | 18.2 | 24.2 | 26.8 |
| Group exercise classes at my VA | 21.8 | 17.7 | 22.0 |
| Group exercise classes in the community | 18.2 | 19.4 | 24.4 |
| Periodic phone calls that provide encouragement | 7.4 | 11.3 | 10.0 |

Numbers reflect the proportion of individuals who reported a 3 on a scale of 1 (“Would not help”) to 3 (“Would help a lot”) for the factors presented