

Appendix Table 1. Exposure-mediator and mediator-outcome effects from the multiple mediator model for knee OA

Effect	Estimates (β and 95% CI)	
	Pain model	Function model
Exposure – knee extension strength	4.4 (-9.3 to 18.0)	2.7 (-11.3 to 16.6)
Exposure – knee joint proprioception	3.2 (-16.0 to 22.4)	2.5 (-16.4 to 21.4)
knee extension strength – outcome	-0.01 (-0.09 to 0.08)	-0.06 (-0.14 to 0.01)
Knee joint proprioception – outcome	-0.01 (-0.07 to 0.05)	-0.04 (-0.09 to 0.02)

All estimates were adjusted for baseline measures of age, BMI, sex, radiographic OA (KL grade ≥ 2), the potential mediators, and the outcome measure.