

Table 2: Association of Baseline Characteristics with a 10-Year Greater Age.

*Continuous variables are listed as estimated differences per 10 years increase in age (slope),

dichotomous and ordinal variables are listed as estimated odds ratios for a 10 year increase in age.

| Characteristic | Difference (95% CI) per 10-Year Greater Age* | Odds Ratio (95% CI) per 10-Year Greater Age* | p- value |
|--|---|---|-------------|
| Female | | 1.35 (0.48, 3.77) | 0.57 |
| Height (cm) | -5.1 (-9.2, -1.0) | | 0.02 |
| Weight (kg) | -0.8 (-7.4, 5.8) | | 0.81 |
| BMI (kg/m ²) | 1.3 (-0.3, 2.9) | | 0.13 |
| Fried Frailty Index (Pre-Frail or Frail) | | 3.82 (0.81, 18.01) | 0.09 |
| Charlson Comorbidity Index | | 3.43 (0.99, 11.85) | 0.05 |
| WOMAC: | | | |
| Pain | | 0.87 (0.29, 2.64) | 0.81 |
| Stiffness | | 2.56 (0.94, 6.97) | 0.07 |
| Functionality | | 0.82 (0.17, 3.95) | 0.81 |
| FRAX | 4.6 (0.5, 8.6) | | 0.04 |
| RAPA1 | | 0.66 (0.23, 1.90) | 0.44 |
| RAPA2 | | 0.59 (0.22, 1.55) | 0.28 |
| SF12 (quality of life): | | | |
| Physical | -2.7 (-6.7, 1.3) | | 0.20 |
| Mental | 0.8 (-1.3, 2.9) | | 0.47 |
| Leg Length Difference (cm) | 0.16 (-0.04, 0.36) | | 0.14 |
| Static Range of Motion Measures (degrees) | | | |
| Ankle Dorsiflexion –Knee Flexed | -4.2 (-7.2, -1.2) | | 0.01 |
| Ankle Dorsiflexion – Knee Extended | -1.5 (-3.0, -0.0) | | 0.06 |
| Ankle Plantar Flexion | -1.9 (-7.6, 3.8) | | 0.51 |
| Knee Flexion | -2.8 (-8.7, 3.0) | | 0.35 |
| Knee Extension | 0.5 (-1.3, 2.3) | | 0.61 |
| Hip Flexion | -2.5 (-6.0, 1.1) | | 0.18 |
| Hip Extension | -1.0 (-5.3, 3.2) | | 0.64 |
| Hip Abduction | -2.5 (-5.3, 0.3) | | 0.10 |
| Hip Internal Rotation | 0.0 (-4.7, 4.8) | | 1.00 |
| Hip External Rotation | 0.0 (-3.8, 3.9) | | 0.99 |