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Version: Supplemental Material

Article:

Godfrey, B., Shardha, J., Witton, S. et al. (4 more authors) (2025) A Personalised Pacing and Active Rest Rehabilitation Programme for Post-Exertional Symptom Exacerbation and Health Status in Long COVID (PACELOC): A Prospective Cohort Study. *Journal of Clinical Medicine*, 14 (1). 97. ISSN 2077-0383

<https://doi.org/10.3390/jcm14010097>

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Supplementary material S1: WHO Borg CR-10 pacing protocol

Phase	RPE (0-10)	Example activities
1 – preparation for return to activity	0-1	Diaphragmatic breathing exercises, gentle stretches, Yoga Nidra practice, short walks
2 – low intensity activity	2-3	Walking, light household or gardening tasks,
3 – moderate intensity activity	4-5	Brisk walking, introducing inclines, gentle jogging, resistance exercises
4 – high intensity exercise	5-7	Running, cycling, swimming, dancing
5 – return to baseline	8-10	Usual exercise, sports or daily activities with usual routine and vigour.

Q4a) Have your normal activities of daily living (ADLs)- self care, work, rest and play, been affected by PESE over the past 7 days?	YES / NO
Q4b) If yes to the above, how have your ADL – (self care, work, rest and play) been affected?	

Q5) If you have experienced PESE over the past 7 days, how long have your symptoms typically lasted for?	<1 hr	2-3 hrs	4-10 hrs	11-13rs	14-23hrs	≥24 hrs	If >24hr how long:

Please list any symptoms you have experienced during a PESE episode(s) over the past 7 days and rate the severity on a 0-3 scale.

Note: If no PESE symptoms experienced, progress on to next activity phase if suitable.

Symptom and consequence (following PESE episode)	Severity (0-3): 0= None; no problem 1= Mild problem; does not affect daily life 2 = Moderate problem; affects daily life to a certain extent 3 = Severe problem; affects all aspects of daily life; life-disturbing
	0 1 2 3
	0 1 2 3
	0 1 2 3
	0 1 2 3
	0 1 2 3
	0 1 2 3
	0 1 2 3

Other comments/ notes-

Likert Scale

Question:										
1. Are you able to notice the difference between tense and calm in your body?										
0	1	2	3	4	5	6	7	8	9	10
Not able to notice					Able to notice					
2. How much does the feeling of pain/discomfort in your body worry you?										
0	1	2	3	4	5	6	7	8	9	10
Worrying					Not worrying					
3. How able are you in listening to the fatigue cues in your body?										
0	1	2	3	4	5	6	7	8	9	10
Body ignoring					Body listening					
4. How able are you to consciously breath nasally, softly, and slowly with your diaphragm										
0	1	2	3	4	5	6	7	8	9	10
Unable to control					Able to control					

Supplementary material S3: Intervention process measures across time points

Outcome	Week 0 Start of intervention	Week 1	Week 2	Week 3	Week 4 Midway	Week 5	Week 6	Week 7	Week 8 End of intervention	Week 12 After intervention
Median number of PESE episodes (IQR)	2 (2,3)	1 (1,2)	1 (1,2)	1 (1,2)	1 (0,1)	1 (0,1)	1 (0,2)	1 (0,1)	0 (0,1)	1 (0,1)
Median number of symptoms (IQR)	3 (2,4)	3 (2,4)	2 (2,3)	3 (2,3)	2 (0,4)	2 (1,3)	2 (1,3)	2 (0,3)	2 (0,3)	2 (0,3)
Median symptom severity (IQR)	2.5 (2,3)	2 (2,2.5)	2 (2,2.5)	2 (2,3)	2 (0,3)	2 (1,2)	2 (2,3)	2 (0,2.5)	1 (0,2)	2 (0,2)
Median duration of episodes (IQR)(hours)	.25 (0,18.5)	.25 (0,12)	.25 (0,18.5)	.25 (0,7)	.25 (0,7)	.25 (0,7)	.25 (0,7)	.25 (0,7)	.25 (0,.5)	.25 (0,2.5)
Median phase of activity (IQR)	4 (3,5)	2 (2,3)	2 (2,3)	2 (2,3)	3 (2,3)	3 (2,3)	3 (2,3)	3 (2,4)	3 (2,4)	3 (2,4)
Median active resting score (0-40)(IQR)	23 (19,27)	28 (24,30)	28 (24,31)	27 (25,31)	28 (24,31)	30 (26,32)	29 (25,33)	30 (27,33)	30 (27,33)	30 (26,34)