

Supplementary Materials

Table S1 BOOST intervention delivery fidelity checklist

Criteria	Fully achieved	Partially achieved	Not achieved	Problems identified
BOOST Individual PT assessment				
1. Red flag screening				
2. Medical history and medication use				
3. Current exercise and activities				
4. Neurological assessment				
5. Lumbar/ROM assessment				
6. Assessment/baseline setting for walking circuit				
7. Demonstration/baseline setting for circuit exercises				
8. Provided physiotherapy information leaflet				
9. Demonstrated flexion exercises				
10. Participant given opportunity to ask questions				
BOOST GROUP SESSION				
Education/discussion session				
1. Seating appropriately arranged				
2. All resources provided				
3. Encouraged group participation				
4. Listened appropriately				
5. Empathy demonstrated				
6. Elicited beliefs/thoughts				
7. Questioning style demonstrated				
8. Appropriate pacing of session				
9. Facilitated participant problem solving				
10. Presented crib sheet content				
11. Education session completed within time limit				
Exercise circuit				
12. Warm-ups conducted per protocol				
13. Strengthening exercises conducted per protocol				
14. Balance exercises conducted per protocol				
15. Flexibility exercise conducted per protocol				

Criteria	Fully achieved	Partially achieved	Not achieved	Problems identified
16. Circuit stations well set-up (include rest stations)				
17. Exercises recorded on attendance and exercise log for each participant				
18. Home exercise planners discussed and completed for each participant (from session 5 only)				
19. Exercise session completed within time limit				
20. No off-protocol exercises delivered				
Walking circuit				
21. Walking circuit stations well set-up (lighting, obstacles, rest stations)				
22. Appropriate use of weights (hand weights only)				
23. Adaptations provided as appropriate e.g challenging obstacles; lap counters				
24. Appropriate progression of walking				
25. Discussed home practice of walking				
26. Walking recorded on attendance and exercise log for each participant				
27. Home walking planners discussed and completed for each participant (from session 8 only)				
28. Walking session completed within time limit				
29. No off-protocol exercises delivered				
BEST PRACTICE ADVICE				
Assessment				
1. Red flag screening				
2. Medical history/medication use				
3. Current mobility/walking aid use				
4. Current exercise & activities				
5. Neurological assessment				
6. Lumbar ROM				
7. Walking assessment				
Education and advice				
8. Education about spinal stenosis and neurogenic claudication				

Criteria	Fully achieved	Partially achieved	Not achieved	Problems identified
9. Pain mechanisms				
10. Exercises demonstrated and practiced including flexion exercises				
11. Medication				
12. Walking aids				
13. Provided & explained participant information leaflet				
14. Participant given opportunity to ask questions				
15. Follow-up/Discharge advice				
16. No-off protocol content delivered				