**Appendix I**

 **Du-Huo-Ji-Sheng Decoction formula granules-Information for Subjects**

Storage requirements:

1. Do not take it if the package is broken.
2. Please store in a cool and dry place and keep out of reach of children.
3. Expiration date of this formula granules is two weeks.
4. Do not take it if the formula granule is caking.

Drug administration

1. Add hot water of about 85 oC or above to the cup, then pour the granules into the hot water, cover the cup and bake for 2-3 minutes, then stir to dissolve it. The water volume can be adjusted according to the dosage.
2. If the formula granule is relatively insoluble in water, the incompletely dissolved drug can be taken together.

Possible side effects

1. In rare cases, diarrhea and vomiting may occur after taking this formula granules.
2. Subjects should suspend this formula granules if there is serious discomfort and go to the Teaching and Research Center for medical help as soon as possible.

**Appendix II**

**Western Ontario and McMaster University Osteoarthritis index (WOMAC)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Pain** | **None****(0)** | **Mild****(1)** | **Moderate** **(2)** | **Severe** **(3)** | **Extreme****(4)** |
| 1. Walking on flat surface
 |  |  |  |  |  |
| 1. Going up and down stairs
 |  |  |  |  |  |
| 1. At night while in bed
 |  |  |  |  |  |
| 1. Sitting or lying
 |  |  |  |  |  |
| 1. Standing upright
 |  |  |  |  |  |
| **Stiffness** | **None****(0)** | **Mild****(1)** | **Moderate** **(2)** | **Severe** **(3)** | **Extreme****(4)** |
| 1. Wakening in the morning
 |  |  |  |  |  |
| 1. Later in the day
 |  |  |  |  |  |
| **Physical function** | **None****(0)** | **Mild****(1)** | **Moderate** **(2)** | **Severe** **(3)** | **Extreme****(4)** |
| 1. Descending stairs
 |  |  |  |  |  |
| 1. Ascending stairs
 |  |  |  |  |  |
| 1. Rising from sitting
 |  |  |  |  |  |
| 1. Standing
 |  |  |  |  |  |
| 1. Bending to floor
 |  |  |  |  |  |
| 1. Walking on flat
 |  |  |  |  |  |
| 1. Getting in/out car
 |  |  |  |  |  |
| 1. Going shopping
 |  |  |  |  |  |
| 1. Putting on socks
 |  |  |  |  |  |
| 1. Rising from bed
 |  |  |  |  |  |
| 1. Taking off socks
 |  |  |  |  |  |
| 1. Lying in bed
 |  |  |  |  |  |
| 1. Getting in/out of bath
 |  |  |  |  |  |
| 1. Sitting
 |  |  |  |  |  |
| 1. Getting on/off toilet
 |  |  |  |  |  |
| 1. Heavy domestic duties
 |  |  |  |  |  |
| 1. Light domestic duties
 |  |  |  |  |  |

**Appendix III**

**EQ-5D-5L**

Under each heading, please type “🗸” on a box that best describes your health TODAY.

**MOBILITY**

I have no problems in walking about □

I have slight problems in walking about □

I have moderate problems in walking about □

I have severe problems in walking about □

I am unable to walk about □

**SELF-CARE**

I have no problems washing or dressing myself □

I have slight problems washing or dressing myself 

I have moderate problems washing or dressing myself □

I have severe problems washing or dressing myself 

I am unable to wash or dress myself □

**USUAL ACTIVITIES (e.g. work, study, housework, family or leisure activities)**

I have no problems doing my usual activities □

I have slight problems doing my usual activities □

I have moderate problems doing my usual activities □

I have severe problems doing my usual activities □

I am unable to do my usual activities □

**PAIN / DISCOMFORT**

I have no pain or discomfort □

I have slight pain or discomfort □

I have moderate pain or discomfort □

I have severe pain or discomfort □

I have extreme pain or discomfort □

**ANXIETY / DEPRESSION**

I am not anxious or depressed □

I am slightly anxious or depressed □

I am moderately anxious or depressed □

I am severely anxious or depressed □

I am extremely anxious or depressed □



We would like to know how good or bad your health is TODAY.

This scale is numbered from 0 to 100.

100 means the best health you can imagine.

0 means the worst health you can imagine.

Mark an X on the scale to indicate how your health is TODAY.

Now, please write the number you marked on the scale in the box below.

YOUR HEALTH TODAY = □