



**Supplementary Figure 1.** This study was conducted over 8 weeks, comprising a 4-week LEDT phase and a 4-week follow-up phase for each patient. To investigate the efficacy of LEDT, we assessed the visual analog scale scores for pain and stiffness. The rheumatologist evaluated the thickness of the flexor tendons in both hands using ultrasonography. All the patients were scheduled to undergo two 20-minute LEDT sessions per week for 4 consecutive weeks. Conventional LED devices (BELLALUX, MD-031R) with wavelengths of 850 nm and 592 nm were used for therapy. LED: light-emitting diode, LEDT: light-emitting diode therapy, INR: Infra-red.