

## Reflexivity statement

Our research team operates out of a traumatic brain injury network in Aotearoa/New Zealand (NZ) which aims to enhance our understanding of traumatic brain injury and health outcomes following an injury. The research team comprises a mix of clinical and non-clinical researchers, and people with lived experience of mTBI with a shared interest of improving health outcomes following a brain injury particularly for the enhancement of health services. An interpretive description approach was adopted in this study because the approach is aligned to generating recommendations to support clinical practice; i.e., to enhance the delivery of physiotherapy care for mTBI and patients' experiences of physiotherapy-led mTBI care. The diverse cultural and professional background of the research team, described in the following sentences, acknowledges that each author brings bias into different aspects of the study design, data collection, analysis interpretation and reporting. Jason Chua is a bi-cultural, Australian-Chinese, non-clinical researcher with an interest in health services research. Alice Theadom is a clinician-researcher psychologist from the United Kingdom who is an expert in mild traumatic brain injury based in NZ. Duncan Reid is a clinician-researcher physiotherapist who is an expert in physiotherapy practice and health services in the context of the NZ health system. Sam Jewell is a senior physiotherapist practicing in NZ with expertise in community and elite-level sports. Sierra Keung is an Indigenous (NZ) female scholar with a background in coaching and youth development. Olivia Deadman is from a corporate background and advocates on behalf of those who have experienced mTBI in NZ.

## Statement of trustworthiness

This study adopted naturalistic enquiry. A defining feature of the interpretive description approach is to develop recommendations that support clinical practice. In the current study, in collecting interview data, we were careful to create an environment to allow unobstructed open and rich exchange of participants' physiotherapy experiences for mTBI. From this pool of information, our methodological approach involved a data-driven approach involving two analysts which cross-verified the initial concepts, and overarching themes to ensure that the analysis faithfully represented participants' feedback. A key summary of the results of the analysis were also sense-checked with study participants to verify if our key findings aligned with their perceptions of how physiotherapy practice could be improved for people with mTBI. Findings were also consolidated through the diverse research team which reflect a culturally and professionally diverse group of researchers and people with lived experience interested in the betterment of people's health outcomes following mTBI. These activities ensured that the current study findings and recommendations are faithfully anchored to the experiences and perceptions of the study participants.