

## **Supplementary file 4** Additional feedback from experts following changes to the leaflet

### PAGE 1

1. Pg. 1 "It is recommended you see appropriately qualified health care professional to guide your treatment further."

**Action:** Insert "an" before "appropriately"

### PAGE 2

2. Pg. 2 column 1 "Excessive loading or varied and rapid increases to physical activity which your knee cannot cope with (**Figure 1**) are also thought to contribute ...."

**Action:** Delete "also"

3. Pg. 2 column 1 "Their are numerous other contributing factors to patellofemoral pain including the structure of you knee, Trauma, ..."

**Action:** End of this sentence should read "structure of your knee, trauma ....." - i.e. change "you" to "your" and un-capitalise "trauma"

4. Pg. 2 column 1 Sentence 3: needs a space added between the word "Figure" and the numeral "3"
5. Pg. 2 column 1 Sentence 4: the first word should be "There" not "Their": "There are numerous other..."
6. Pg. 2 Figure 2 un-capitalise "abnormal"
7. Remove full stop from " **Figure 3** Movement factors contributing to abnormal tracking of the knee cap."

### PAGE 3

#### ***Exercise principles section***

8. item 3: the left hand margin should be moved slightly to the left to align with the other items
9. Item 5: Using mirrors and video recordings may help you to complete correct exercises techniques at home."

**Action:** Change "exercises" to "exercise"

10. Pg. 3 Column 1 "1. Your therapist my suggest a period of rest before starting exercise again."

**Action:** Change my to may

11. Pg. 3 Column 1 “6. Exercise doesn’t work unless you do it.”

**Action:** Change to “Exercises will not help unless you perform them with the correct technique and on a regular basis.”

***What exercises should I be completing?***

12. Item 2: change the word "is" to "are: "foot or back are also required."

***Pain reduction***

13. Item 2: “Braces can also help relieve pain” – add a full stop at the end of the sentence

***How else can my therapist help?***

14. Item 2: Answer questions related to your knee pain, and explain in greater details the content of this information leaflet where necessary”

**Action:** Change “details” to “detail” and “content” to “contents” + Add a full stop to the end of the sentence

15. Page 3 Column 2 “3. Help you understand why you have knee pain, what factors have most likely caused your pain and how to modify your activity to improve your pain and recover.”

**Action:** Change recover to recovery

PAGE 4

16. Number the three 'key treatment options'

17. Final sentences: "This information brochure has been created as part of a not for profit endeavour by Dr Christian Barton and Michael Rathleff. Further information related to managing patellofemoral pain can be found on patellofemoral pain at **patellofemoral.completesportscare.com.au**"

**Action:** Delete "on patellofemoral pain" so it reads "Further information related to managing patellofemoral pain can be found at ....." + Add "Dr" before "Michael Rathleff"