The feasibility of a randomised control trial to assess physiotherapy against surgery for recurrent patellar instability

# Appendices

## Appendix 1 – PKT Principles

## A screenshot of a social media post Description automatically generated

## A screenshot of a social media post Description automatically generated

## A screenshot of a social media post Description automatically generated

## A screenshot of a cell phone Description automatically generated

## Appendix 2 – Post-Operative Physiotherapy Principles

A screenshot of a cell phone

Description automatically generated

A screenshot of a social media post

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A screenshot of a social media post

Description automatically generated

A screenshot of a cell phone

Description automatically generated

## Appendix 3 – Recruitment Charts By Site

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Screening variable** | **UHCW** | **Oswestry/ Shrewsbury** | **Bristol** | **All sites** |
| Number of patients approached | 29 | 96 | 7 | 132 |
| Number ineligible | 2 | 90 | 0 | 92 |
| Number of patients eligible | 27 | 6 | 7 | 40 |
| Number consented to take part | 14 | 0 | 5 | 19 |
| Number randomised | 14 | 0 | 5 | 19 |

1: Screening & Recruitment per site

A close up of a map

Description automatically generated

2: Site One Recruitment Chart

A screenshot of a cell phone

Description automatically generated

3: Site Three Recruitment Chart