

Osteoarthritic changes in the knees of recently retired male professional footballers: a pilot study

Supplementary Data

1. Consent

2. Characteristics

- 2.1 What is your age (in years)?
- 2.2 What is your gender?
- 2.3 How tall are you (in cm or ft)?
- 2.4 How much do you weigh (in kg)?
- 2.5 For how many years were you a professional footballer?
- 2.6 At which level did you (principally) play?
- 2.7 For how many years have you been retired from professional football?
- 2.8 Did you quit professional football voluntarily?
- 2.9 What is the highest level of education you have completed?
- 2.10 Do you have currently a paid job?

3. Injuries and surgeries

- 3.1 How many severe knee injuries have you had during your professional football career?
- 3.2 How many knee surgeries have you had during your professional football career?
- 3.3 Have you been diagnosed with knee osteoarthritis?

4. Knee functions

- 4.1 During the last week, how severe was your knee stiffness after first waking in the morning?
- 4.2 What amount of knee pain have you experienced the last week during twisting/pivoting on your knee?
- 4.3 What amount of knee pain have you experienced the last week during straightening knee fully?
- 4.4 What amount of knee pain have you experienced the last week during going up or down stairs?
- 4.5 What amount of knee pain have you experienced the last week during standing upright?
- 4.6 For rising from sitting, indicate the degree of difficulty you have experienced in the last week due to your knee.
- 4.7 For bending to floor/pick up an object, indicate the degree of difficulty you have experienced in the last week due to your knee.

5. Quality of life

- 5.1 In general, would you say your health is:
- 5.2 In general, would you say your quality of life is:
- 5.3 In general, how would you rate your physical health?
- 5.4 In general, how would you rate your mental health, including your mood and your ability to think?
- 5.5 In general, how would you rate your satisfaction with your social activities and relationships?
- 5.6 In general, please rate how well you carry out your usual social activities and roles. (This includes activities at home, at work and in your community, and responsibilities as a parent, child, spouse, employee, friend, etc.)
- 5.7 To what extent are you able to carry out your everyday physical activities such as walking, climbing stairs, carrying groceries, or moving a chair?
- 5.8 In the past 7 days, how often have you been bothered by emotional problems such as feeling anxious, depressed or irritable?
- 5.9 In the past 7 days, how would you rate your fatigue on average?
- 5.10 In the past 7 days, how would you rate your pain on average?