

**Semi-structured interview**

## Function in everyday life

- How has it been for you to live with an unstable kneecap?
- What expectations did you have to how your knee would function after surgery?
- What expectations did you have for function after surgery?
- How have you adapted your life to a knee with an unstable kneecap?
- How does your knee work at work/school?
- How does your knee function in activities of daily living?
  - o Do you have any examples?
- Do you avoid activities and why?
  - o What makes you unable to do that activity/movement?
- How has it affected you socially?
- Were your problems taken seriously and how?

## Sports and leisure activities

- What are your wishes for activities and sports?
- What prevents you from doing the activity(s)/sport(s) you want?
- Do you have any examples of why you can't engage in that activity?
- Which activities and sports do you do today?
- How often are you physical active or engaging in sports during a normal week?
- Are there activities you avoid because of your knee problem? If so, please describe?
- How motivated are you to be able to do all the activities/sports you want?
- When did you feel ready to do activities beyond ADL activities after surgery?
- How has having an unstable kneecap affected your activity level?
- What will it take to get back into activity?
- How relevant is it for you to test whether you are ready to do sports and/or strenuous activities?
- What do you think of the tests, are they relevant for you and your problems?
- How did you experience the testing?
- Which other tests do you think is relevant?

## Changes after surgery

- What have you done to regain knee function after the surgery?
- How was the rehabilitation with your physio?
- Is there anything you miss in the follow-up from your local physio or the hospital? Describe.
- Why did you end the rehabilitation?
- What changed after the surgery?
- Does the fear subside? And how?
- How has it affected you to live with an unstable kneecap?
- Has living with an unstable kneecap affected you as a person?
- What is the most important/biggest impact your knee problems have had on your life?
- Is there anything else you would like to add?

**Patient and public involvement (first 4 interviews)**

- What do you think about the questions we have asked you?
- Did you understand all the questions? If no, describe.
- Are there any topics or questions you miss?

- Are the questions relevant for your knee problems, and is there any we should remove?
- Do you think that this study is relevant for you and other persons with similar problems?
- Do you have any thoughts you would like to add?