

Table 1: Additional screening questionnaires and findings

	Initial consult—21 April	Comments regarding initial scores	Final consult—12 July
Örebro Musculoskeletal Pain Screening Questionnaire Short Form	58/100 High	Elevated scores on sleep disturbance, anxious, bothered, pain persisting	23/100 Low
Tampa Scale of Kinesiophobia	31/52 Moderate	Limited perception of injury and danger Beliefs more associated with limiting OA progression	17/52 Low
Pain Self-Efficacy Questionnaire	19/60 Low	Reduced confidence with socialising, valued activities, achieving goals, normal lifestyle, becoming more active	47/60 High
Pain Catastrophising Scale	24/52 Moderate	Elevated scores for never getting better, anxious for pain to go away, no control, something serious	14/52 Low
Depression, Anxiety and Stress Scale 21	Depression: 12/42 Mild Anxiety: 12/42 Moderate	Elevated scores for winding down, over-reacts, agitated, relaxed, touchy, trembling, worried about situations, close to panic	Depression: 8/42 Normal Anxiety: 8/42 Mild Stress: 16/42 Mild

	Stress: 20/42 Moderate		
Central Sensitisation Inventory	58/100 Severe Cluster 3- Cuestas-Vargas severity Scale	Elevated for unrefreshed on waking, feels stiff and achy, tires easily, poor sleep and concentration High level of central sensitisation-related symptom severity	31/100 Mild
Free Knee Awareness Questionnaire	21/36 Moderately impaired	Elevated scores for increased concentration, cannot image knee contours, feels knee swollen, feels differences	7/36 Minimally impaired
Body mass index	24.5 Normal 182 cm, 81 kg	Within normal range	24.8 Normal 182 cm, 82 kg