

SUPPLEMENTARY FILE 2: Search strategy for publicly available NHS patient information and synthesis of advice and exercises in retrieved resources

Search strategy

Google was searched via Microsoft Edge using “!InPrivate” mode on 12 April 2022.

Search terms: (“Patella dislocation” OR “patellar dislocation” OR “patellofemoral dislocation” OR “kneecap dislocation” OR “knee cap dislocation” OR “dislocated patella” OR “dislocated kneecap” OR “dislocated knee cap” OR “dislocation of patella” OR “dislocation of kneecap” OR “dislocation of knee cap”) AND (NHS OR “national health service”)

Table Information/advice and exercises in publicly available NHS information

	Information/advice										Flexibility Exercise	Strengthening/activation exercises				Balance exercise
Organisation	Explanation of injury	Common symptoms	Time for healing/recovery	Treatment plan	Self-help strategies	Knee brace/splint	Benefits/importance of exercise	Return to driving	Return to work/school	Return to sport	Knee	Ankle	Thigh muscles	Hip muscles	Hip and thigh muscles	Calf/ankle complex
Airedale NHS Foundation Trust	✓	✓	-	✓	✓	-	✓	-	-	-	-	-	-	-	-	-
Brighton & Sussex University Hospitals NHS Trust ¹	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	-	-	-
Bedfordshire Hospitals NHS Foundation Trust	✓	✓	✓	✓	✓	✓	✓	✓	✓	-	-	✓	✓	-	-	-
East Sussex Healthcare NHS Trust	✓	✓	-	✓	✓	✓	✓	-	-	-	-	✓	✓	-	-	-
Maidstone and Tunbridge Wells NHS Trust	✓	✓	-	✓	✓	✓	✓	-	-	-	-	✓	✓	-	-	-
NHS Fife	✓	✓	✓	✓	✓	✓	✓	✓	✓	-	✓	✓	✓	✓	✓	✓
NHS website	✓	✓	✓	✓	✓	✓	✓	-	-	✓	-	-	-	-	-	-
Nuffield Health	✓	✓	-	✓	✓	✓	✓	-	-	-	- ²	- ²	- ²	- ²	- ²	- ²
Poole Hospital NHS trust	✓	✓	-	✓	✓	✓	✓	N/A ³	-	-	-	✓	✓	✓	-	-
Portsmouth Hospitals NHS Trust	✓	✓	✓	✓	✓	✓	✓	-	-	✓	-	✓	✓	-	✓	-
Royal Cornwall Hospitals NHS Trust	✓	-	✓	✓	✓	✓	✓	-	-	-	-	✓	✓	-	-	-
Royal United Hospitals Bath NHS Foundation Trust	✓	✓	✓	✓	✓	✓	-	✓	✓	-	-	✓	✓	-	-	-
South Warwickshire NHS Foundation Trust	✓	-	-	✓	✓	-	✓	✓	✓	✓	✓	-	-	✓	-	✓
Sussex MSK partnership Central	✓	✓	✓	✓	✓	✓	-	-	-	-	-	-	-	-	-	-
University Hospitals Coventry and Warwickshire	-	-	-	-	✓	-	✓	-	-	-	✓	✓	✓	✓	-	-
York Teaching Hospital NHS Foundation Trust	✓	✓	✓		✓	✓	✓	-	-	-	-	✓	✓	-	-	-

¹Now named University Hospitals Sussex NHS Foundation Trust; ²Resource signposts to a webpage that contains exercises to protect and strengthen the hips and knee; ³Patient information leaflet for paediatrics; N/A: not applicable; NHS: National Health Service