Detailed data related to physiotherapy survey outcomes:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Strongly disagree** | **Disagree** | **Neither** | **Agree** | **Strongly agree** |  |
| I know how to deliver exercise and education to people with knee osteoarthritis following current CPG |
| Pre-course | 0% | 3% | 21% | 67% | 9% |  |
| Post-course (1-2 weeks) | 0% | 0% | 0% | 22% | 78% |  |
| 12 months post-course | 1% | 0% | 0% | 20% | 79% |  |
| I have been trained in delivering exercise and education to people with knee osteoarthritis following current CPG |
| Pre-course | 1% | 17% | 34% | 43% | 5% |  |
| Post-course (1-2 weeks) | 0% | 0% | 0% | 16% | 84% |  |
| 12 months post-course | 1% | 0% | 1% | 15% | 83% |  |
| I have the skills to deliver exercise and education to people with knee osteoarthritis following current CPG |
| Pre-course | 0% | 4% | 19% | 65% | 12% |  |
| Post-course (1-2 weeks) | 0% | 0% | 0% | 22% | 77% |  |
| 12 months post-course | 1% | 0% | 0% | 18% | 80% |  |
| I am confident I can deliver exercise and education to people with knee osteoarthritis following current CPG |
| Pre-course | 0% | 4% | 19% | 60% | 16% |  |
| Post-course (1-2 weeks) | 0% | 0% | 0% | 21% | 79% |  |
| 12 months post-course | 1% | 0% | 1% | 20% | 78% |  |
| I am confident I can deliver exercise and education to people with knee osteoarthritis following current CPG, even when the patient is not motivated |
| Pre-course | 1% | 15% | 37% | 41% | 6% |  |
| Post-course (1-2 weeks) | 0% | 0% | 5% | 47% | 47% |  |
| 12 months post-course | 1% | 3% | 6% | 50% | 40% |  |
|  |  |  |  |  |  |  |
|  | **I do not use this intervention** | **Not confident at all** | **Below average** | **Average** | **Confident** | **Very confident** |
| I am confident in prescribing neuromuscular exercise |
| Pre-course | 2% | 2% | 13% | 45% | 32% | 6% |
| Post-course (1-2 weeks) | 0% | 0% | 0% | 4% | 30% | 66% |
| 12 months post-course | 0% | 1% | 0% | 5% | 35% | 59% |
| I am confident in providing education related to-self management |
| Pre-course | 0% | 0% | 2% | 29% | 53% | 17% |
| Post-course (1-2 weeks) | 0% | 0% | 0% | 1% | 32% | 67% |
| 12 months post-course | 0% | 0% | 0% | 2% | 29% | 69% |
| I am confident in providing education related to physical activity participation |
| Pre-course | 0% | 0% | 4% | 35% | 49% | 12% |
| Post-course (1-2 weeks) | 0% | 0% | 0% | 2% | 39% | 59% |
| 12 months post-course | 0% | 0% | 0% | 3% | 34% | 64% |
| I am confident in discussing the importance of weight management |
| Pre-course | 0% | 1% | 7% | 41% | 39% | 12% |
| Post-course (1-2 weeks) | 0% | 0% | 1% | 10% | 41% | 48% |
| 12 months post-course | 0% | 1% | 0% | 10% | 38% | 51% |
|  |  |  |  |  |  |  |
|  | **Never** | **Rarely** | **Some of the time** | **Most of the time** | **All the time** |  |
| Discuss treatment goals |
| Pre-course | 0% | 0% | 12% | 40% | 48% |  |
| Post-course (1-2 weeks) | 0% | 0% | 3% | 34% | 63% |  |
| 12 months post-course | 0% | 0% | 2% | 31% | 67% |  |
| Prescribe neuromuscular exercise |
| Pre-course | 2% | 10% | 33% | 32% | 22% |  |
| Post-course (1-2 weeks) | 1% | 2% | 13% | 32% | 52% |  |
| 12 months post-course | 0% | 1% | 4% | 19% | 76% |  |
| Refer to, or provide supervised exercise programs |
| Pre-course | 1% | 7% | 39% | 34% | 19% |  |
| Post-course (1-2 weeks) | 0% | 4% | 21% | 39% | 36% |  |
| 12 months post-course | 0% | 1% | 8% | 39% | 52% |  |
| Discuss the importance of weight management |
| Pre-course | 2% | 7% | 35% | 34% | 22% |  |
| Post-course (1-2 weeks) | 1% | 5% | 27% | 39% | 28% |  |
| 12 months post-course | 1% | 1% | 11% | 36% | 52% |  |

CPG – Clinical practice guidelines



0 – Pre-course

1 – Post-course

2 – 12 months post-course



0 – Pre-course

1 – Post-course

2 – 12 months post-course



0 – Pre-course

1 – Post-course

2 – 12 months post-course