

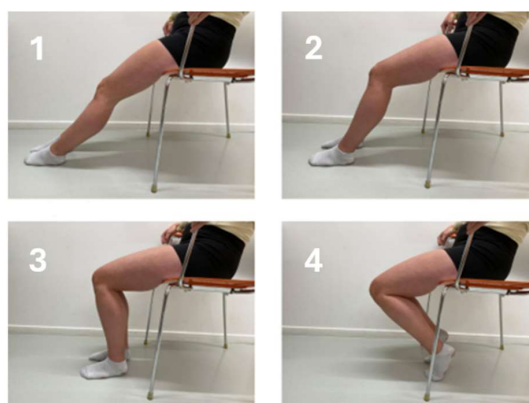
ONLINE SUPPLEMENTARY FILE 1**PDPS QUESTIONNAIRE (Part 3 ‘Characteristics of PDPS’)**

Item 1: What was the worst sitting pain in the past 7 days? Please mark between 0 cm (indicating no pain) and 10 cm (indicating maximum pain)?

No pain |-----| Maximum pain
(0 cm) (10 cm)

Item 2: How bent must your knees be to develop knee pain during prolonged sitting?

- I experience knee pain if my knee is in a 0° bent position (picture 1).
- I experience knee pain if my knee is in a 45° bent position (picture 2).
- I experience knee pain if my knee is in a 90° bent position (picture 3).
- I experience knee pain if my knee is in a more than 90° bent position (picture 4).



Item 3: If you bend your knee to 90° (as shown in the picture), how many minutes does it take before you start experiencing knee pain during sitting?

- 0-5 minutes.
- 6-10 minutes.
- 11-15 minutes.
- 16-20 minutes.
- 21-30 minutes.
- 31-40 minutes.

- > 40 minutes.



Item 4: If you extend your knee again after prolonged sitting with bent knees, how many minutes does it take for the pain to go away completely?

- 0-5 minutes.
- 6-10 minutes.
- 11-15 minutes.
- 16-20 minutes.
- 21-30 minutes.
- 31-40 minutes.
- > 40 minutes.

From: “Pain during prolonged sitting in subjects with patellofemoral pain in Dutch physical therapy clinics: an online questionnaire-based analysis”, by Ophey M., Frieling S., Kerkhoffs G., and Tak I.