

Table S4. Practice Dimension, %

Items	Always/Strongly Agree	Often/Agree	Sometimes/Neutral	Rarely/Disagree	Never/Strongly Disagree
P1. I will proactively learn about Osteochondral Lesions of the Talus.	7.82	7.45	32.77	33.33	18.62
P2. After an ankle injury, I will go to the hospital to check if there is damage to the calcaneal cartilage.	12.66	8.57	30.54	31.28	16.95
P3. I will try to rest as much as possible to reduce the burden on the ankle and lower the chances of injuring the calcaneal cartilage.	18.81	20.30	28.86	20.86	11.17
P4. I will engage in non-weight-bearing exercises as recommended by the doctor after an injury, such as cycling or swimming.	16.01	13.78	27.93	22.53	19.74
P5. I will choose a treatment plan based on medical advice.	32.22	24.39	21.79	13.59	8.01
P6. I would consider minimally invasive surgery as a treatment option.	11.55	19.93	52.89	9.87	5.77