

Supplementary File A;
First Proposed Protocol

Table 1: First protocol

Initial assessment and treatment	Stage 1	Avoidance of excessive physical activity and use of anti-inflammatory drugs for 2 to 4 weeks
	Stage 2	Physiotherapy for 2 to 3 weeks in the form of stretching exercises to improve hip external rotation and abduction in extension and flexion
Further assessment and treatment	Stage 3	Assessment of the normal range of hip internal rotation and flexion after the acute pain has subsided
	Stage 4	Modification of activities of daily living predisposing to FAI (e.g. hip internal rotation associated with flexion and adduction)