

Supplementary File B; Feedback from First proposed protocol

Level of agreement with the first protocol

Agreement	Stage 1 and 2 of the first protocol (initial assessment and treatment) Level of agreement n (%)	Stage 3 and 4 of the first protocol (further assessment and treatment) Level of agreement n (%)
Yes	16 (44)	9 (25)
No	7 (19)	6 (17)
Unsure	13 (36)	21 (58)
Total	36	36

Summary of additional comments made with respect to the first protocol

	Additional themed comments made	Frequency (n)	Origin of comments
Initial assessment and treatment (Stages 1 and 2)	Core stability exercise and movement control	21	UK x17, Australia x2, USA x2
	Muscle strengthening important	7	UK x6 USA x1
	See patients more frequently / over a longer period	5	UK x4 Australia x1
	Stretching exercise depending on what is limited.	4	UK x2 USAx2
	Soft tissue mobilisation to facilitate range of movement	3	UK x2 USA x1
	Address flexion contractures	2	UK x2
	Massage to relieve tightness in hip muscles	2	UK x1 Australia x1
	Avoid flexion stretching exercises during initial stages	1	UK x1
	Internal rotation stretching when pain free	1	USA x1
	Gentle exercise to mobilise the joint in all directions	1	UK x1
	Reduce overactive hamstrings muscles	1	UK x1
	Work on active abduction and external rotation	1	UK x1
	Avoid excessive hip flexion	1	UK x1
	See patients less frequently	1	UK x1
	Prolonged follow-up often needed	1	UK x1
at	Advice that cycling is acceptable with activity modification	7	UK x 6 Australia x1

Continue strengthening	6	UK x6
Zigzag running no better than straight running	4	UK x3 Australia x1
Reassessment important	2	UK x2
Using orthotics may help	2	UK x2
Encourage hip capsule stretches	2	UK x2
Stretches can be harmful	2	UK x1 Australia x1
Identify dysfunctional movement patterns to achieve long term change	2	UK x1 Australia x1
More than twice monthly supervision required	2	UK x1 Australia x1
Advice about lifestyle modification	2	UK x1 USA x1
Advice about alternative forms of exercise	2	UK x1 Australia x1
Advise to avoid deep squatting	1	UK x1
Advice on return to sport specific training	1	Australia x1
Strengthening of internal and external rotators of hip	1	UK x1
Activity restriction on an individual basis	1	UK x1
Modification of running on an individual basis	1	UK x1
Ensure activities can be undertaken with minimal adduction/Internal rotation	1	UK x1