

Appendix A

Appendix for:

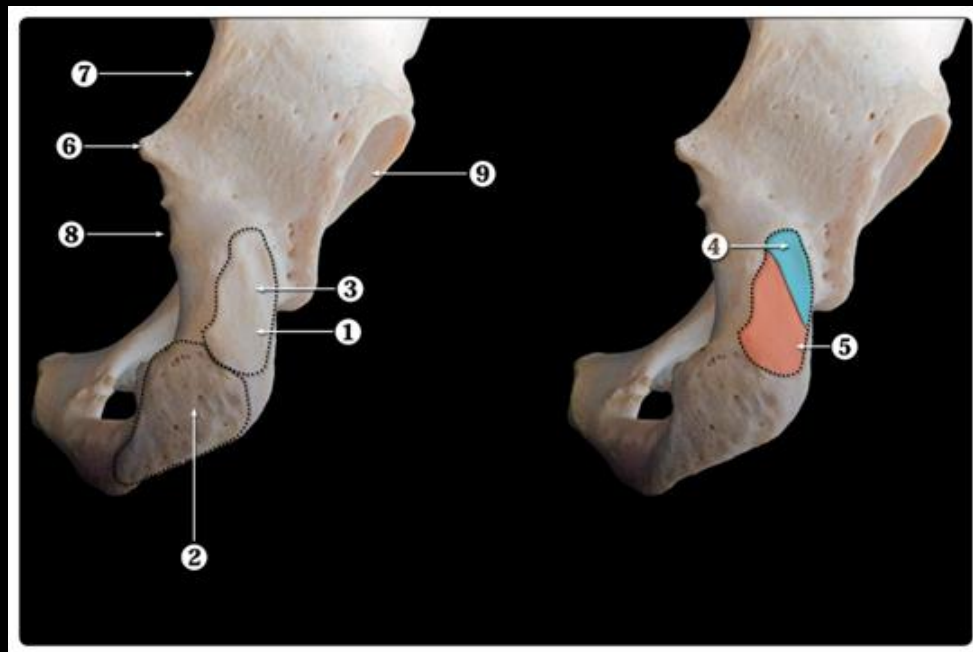
Proximal hamstring tendon avulsions: comparable clinical outcomes of operative and non-operative treatment at one-year follow-up in a shared decision-making model.

Anne D van der Made, Rolf W Peters, Claire Verheul, Frank Smithuis, Gustaaf Reurink, Maarten H Moen, Johannes L Tol, Gino MMJ Kerkhoffs.

Shared decision-making

- Proximal hamstring anatomy + location of injury
- Expected advantages & disadvantages of treatment options
- Expected short-term outcome of operative & non-operative treatment
- Expected long-term outcome of operative & non-operative treatment

Anatomy + location of injury



Ischial tuberosity

3. Vertical ridge

Divides upper region into:

4. Lateral facet

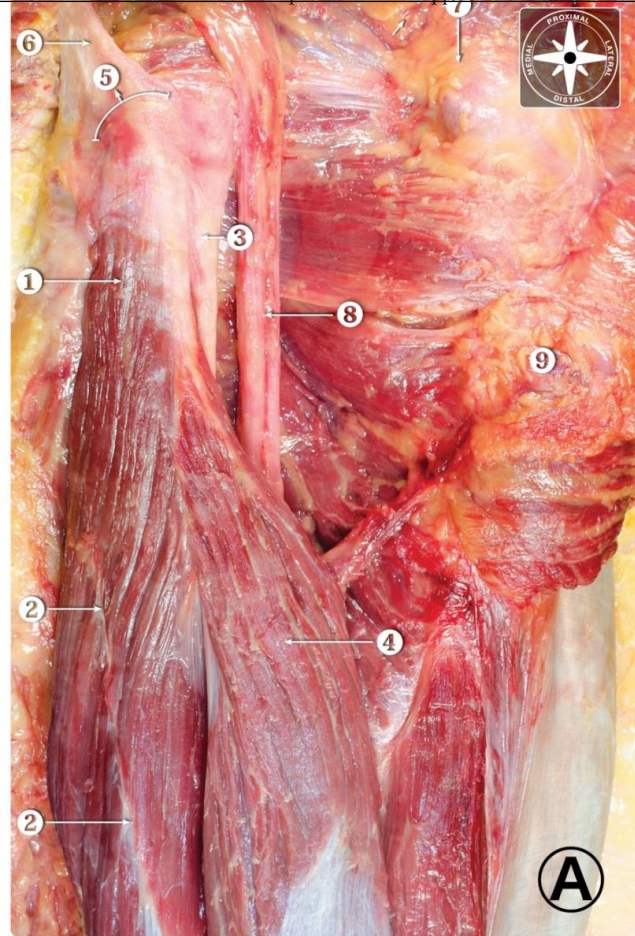
→ Semimembranosus

5. Medial facet

→ Biceps Femoris

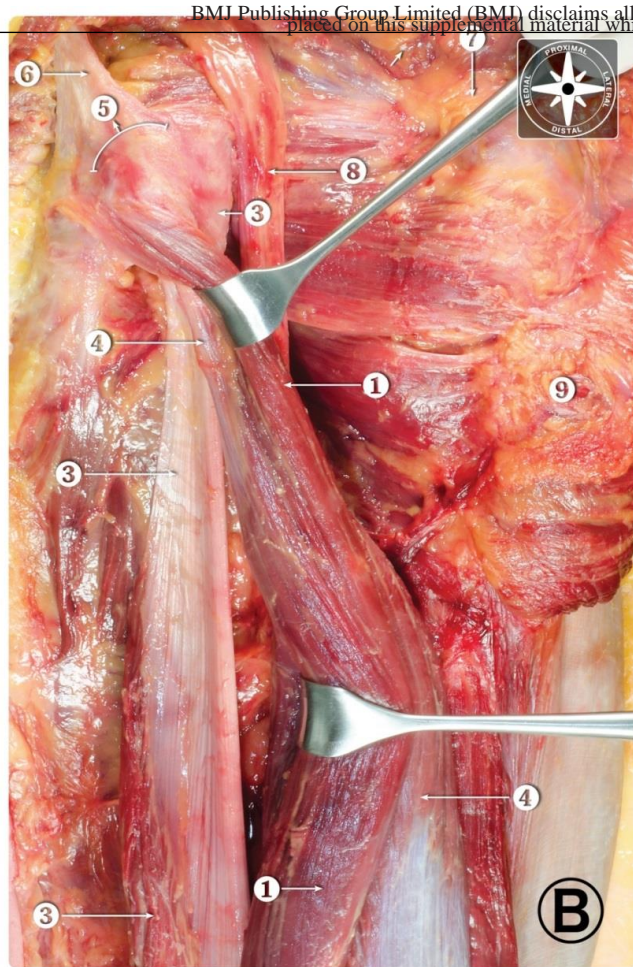
→ Semitendinosus

Image from: van der Made et al. The hamstring muscle complex. *Knee Surg Sports Traumatol Arthrosc.* 2015 Jul;23(7):2115-22.



1. Semitendinosus
3. Semimembranosus
4. Biceps Femoris (Long head)
5. Ischial tuberosity
6. Sacrotuberous ligament
8. Sciatic nerve

Image from: van der Made et al. The hamstring muscle complex. *Knee Surg Sports Traumatol Arthrosc.* 2015 Jul;23(7):2115-22.



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Image from: van der Made et al. The hamstring muscle complex. *Knee Surg Sports Traumatol Arthrosc.* 2015 Jul;23(7):2115-22.

Operative & non-operative treatment

- Operative treatment
 - Surgical refixation of hamstrings
 - Post-operative protection (cast/brace)
 - Start of (phased) rehabilitation programme with experienced physiotherapist
- Non-operative treatment
 - Direct start of (phased) rehabilitation programme with experienced physiotherapist

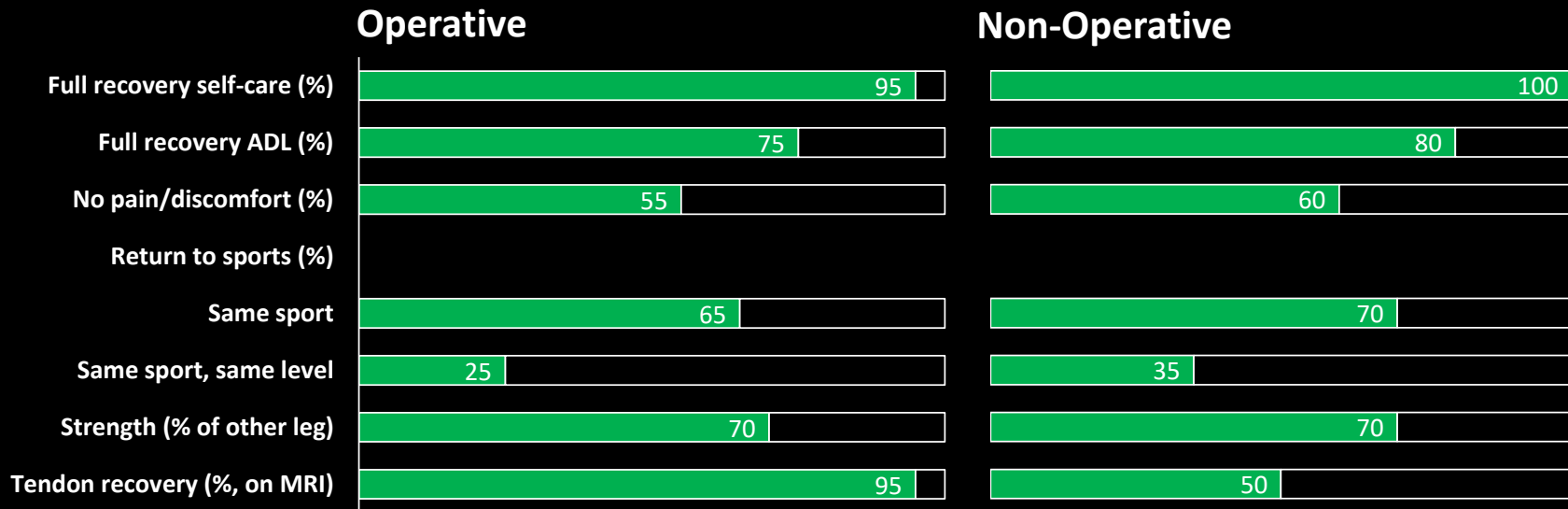
Operative & non-operative treatment

Expected advantages & disadvantages

Operative	Non-operative
+ Refixation of tendon(s)	+ Direct start of rehabilitation
+ Improved long-term recovery of strength/function	+ Quicker resumption of self-care/daily activities
+ Improved recovery of sciatic symptoms	
- Post-operative casting/bracing	- Outcome less predictable (tendon recovery ≈50%)
- Complication risk (e.g. re-operation, nerve damage, infection, DVT, hematoma)	- Higher chance of long-term strength deficit & decreased function

Operative & non-operative treatment

Expected short-term outcome (current study, at 1 year)



Operative & non-operative treatment

Expected long-term outcome (at 3-4 years, summary of scientific literature)

