

Introduction & Consent

Including

- Purpose and course of trial/study
- Details regarding privacy
- Where to direct questions and concerns etc
- Requirements for supervision by a registered physiotherapist and or medical officer

Education

- explanation of injury and prognosis
- Basic outline of management
- "Best standard" referenced

Treatment / rehab

- acute phase
- Early
- Mid
- Long term
- Injury prevention

N.B. Each of the above will contain brief, simple explanations with accompanying videos of exercise (10-15 sec) and nothing else. Squads ales reminders to do exercises

Follow-up and maintenance

- continued access to the previous along with periodic questionnaires to see how the pt is going

Consent sent back to researcher along with Patients e-mail, name, DOB and Date of injury

First 12 question questionnaire with data to researcher

Continued periodic identical questionnaires over the next 18 months