

Part A: Background (20 mins)

- Welcome/Introduction/ground rules/aims
- Usual care
 - What interventions do you use with people with JH?
 - What specific education or advice do you give?
 - What sorts of exercises do you give?
 - What do you think is particularly useful or less useful?
 - How many treatment sessions? How long? What period?

Part B: Physiotherapy treatment views (30 mins)

- Education & Advice given to patients:
discuss the education/advice physiotherapists give
 - What need to know about?
 - Importance of education/advice on
 - How to protect your joints
 - How to pace activities
 - How to set realistic goals
 - Format of education/advice? – verbal/paper/other?
 - Anything else?
- Exercise & Activity
 - What sorts of exercises important to teach?
 - Joint specific exercises?
 - More general exercise/activity (walking, gardening)
 - Advice about how & when to progress exercise and activities?
 - Format of exercise/activity info? – verbally/demonstration/paper or other format?
 - Anything else?
- Support and engagement
 - How to support and motivate patients?
 - How to encourage patients to stay active in the long term?
 - What would help patients to be able to manage their condition more effectively in the long term?

Part C: Intervention design (20 mins)

- How to measure success
measuring how successful (or unsuccessful physiotherapy has been);
 - What would need to change for you to say that physiotherapy has helped?
 - What would you expect physiotherapy to help with?
 - What would you not expect physiotherapy to help with?
- Training for physiotherapists
the training of physiotherapists in managing joint hypermobility
 - What do you think physiotherapists could be taught to do better?
 - What format do you think that training should take (e.g. face-to-face, online, written)?
- The later trial
A major problem for the later study is deciding what to compare the new physiotherapy intervention against. We think that physiotherapy works but there is actually no convincing evidence that it does.

It is therefore planned to give half of the people in the study the new physiotherapy intervention & the other half will only receive general advice & existing booklets from Arthritis Research UK and the Hypermobility Syndrome Association. It will be randomly decided which treatment people receive. Only by doing that will we know if physiotherapy works (& by how much).
 - Do you think it is reasonable to only offer advice and information booklets to half of the patients?
 - Do you think it will prevent patients from signing up to the study?
 - Do you have any other thoughts about the later study?
- Final thoughts
 - Thank you all so much for your discussion. Do you have any final points that you would like to discuss or that you feel you didn't have the opportunity to say?

Notes