Additional file: ACL Professional Questionnaire

(English translation of the original Dutch questionnaire; question numbering matches the original)

Dear Sir/Madam,

We invite you to complete a short questionnaire about the role of nutrition in the rehabilitation process following anterior cruciate ligament (ACL) reconstruction. Your participation is important because we want to expand our knowledge about the role of nutrition in ACL rehabilitation. Based on the results of this questionnaire, we can conduct more targeted follow-up research and/or adapt or develop practical guidelines. Ultimately, this will hopefully lead to further improvement in the treatment of ACL injuries. Your answers will be processed anonymously and strictly confidentially and will only be used for research purposes. Completing the questionnaire takes approximately 10 minutes.

Thank you in advance for your cooperation!

Kind regards, on behalf of the research team

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1. Are you …

- ■ Male
- ■ Female
- ■ Non-binary
- ■ I prefer not to answer

2. What is your age (in years)?

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3. Which option(s) most accurately represent(s) your current profession (you can select more than one option)?

- ■ Nutrition expert/Dietitian
- ■ Sports physician
- ■ Physiotherapist
- ■ Sports psychologist
- ■ Rehabilitation specialist/trainer
- ■ Researcher
- ■ Strength and conditioning coach
- ■ Orthopedic surgeon
- ■ Other, please specify...

4. What type of organization or company do you currently work for (you can select more than one option)?

- ■ Nutrition consultancy or nutrition practice
- ■ Physiotherapy practice
- ■ Professional sports team/association
- ■ Sports federation
- ■ Sports academy
- ■ Fitness/training center
- ■ Hospital, orthopedics department
- ■ Hospital, sports medicine department
- ■ Orthopedic clinic
- ■ Sports medicine center
- ■ Rehabilitation clinic
- ■ University or academic institution
- ■ Research institute or laboratory
- ■ Other, please specify...

5. (optional) For which organization or company do you currently work? (name of organization or company)

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6. How many years of experience do you have in your current position? (if you hold multiple positions, please choose the position in which you see the most ACL patients.)

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7. What is the highest level of education you have completed?

- ■ Secondary education
- ■ Intermediate vocational education (MBO)
- ■ Bachelor's degree (BSc)
- ■ Master's degree (MSc)
- ■ Doctorate (PhD)
- ■ Other, please specify...

8. Approximately how many patients with ACL injury do you see per year?

- ■ I see 3 or fewer patients with ACL injury per year
- ■ 4-20 patients per year
- ■ 21-40 patients per year
- ■ 41-60 patients per year
- ■ 61-80 patients per year
- ■ 81-100 patients per year
- ■ More than 100 patients per year

9. What percentage of all your patients with ACL injury are male?

- ■ 1-10%
- ■ 11-20%
- ■ 21-30%
- ■ 31-40%
- ■ 41-50%
- ■ 51-60%
- ■ 61-70%
- ■ 71-80%
- ■ 81-90%
- ■ 91-100%

10. What percentage of all your patients with ACL injury are professional athletes? (a professional athlete is someone who earns money from their sport, but for whom the sport does not necessarily have to fully provide for their livelihood).

- 0-10%
- 11-20%
- 21-30%
- 31-40%
- 41-50%
- 51-60%
- 61-70%
- 71-80%
- 81-90%
- 91-100%

11. What percentage of your patients with ACL injury requires/underwent surgery?

- 0-10%
- 11-20%
- 21-30%
- 31-40%
- 41-50%
- 51-60%
- 61-70%
- 71-80%
- 81-90%
- 91-100%

12. What percentage of your patients returns to their original level of functioning after the ACL injury? (i.e. is fully able to bear load again, including sport at their previous level)

- 0-10%
- 11-20%
- 21-30%
- 31-40%
- 41-50%
- 51-60%
- 61-70%
- 71-80%
- 81-90%
- 91-100%

13. What percentage of the patients in your practice has experienced a repeat rupture of the ACL?

- 0%
- 1-5%
- 6-10%
- 11-15%
- 16-20%
- 21-25%
- 26-30%
- More than 30%

14. How would you rate your current knowledge about the role of nutrition in the ACL rehabilitation process, from injury up to return to pre-injury functioning?

- ■ Excellent
- ■ Good
- ■ Average
- ■ Poor
- ■ Very poor

15. To what extent do you agree with the statement: 'Nutrition plays a role in the ACL rehabilitation process'?

- ■ Strongly agree
- ■ Agree
- ■ Neutral/Neither agree nor disagree
- ■ Disagree
- ■ Strongly disagree

16. Do you discuss the role of nutrition with your ACL patients?

- ■ Always
- ■ Often
- ■ Sometimes
- ■ Rarely
- ■ Never
- ■ I refer to a nutrition expert/dietitian
- ■ Not applicable

16.1. What specific nutritional advice and/or supplements do you generally recommend to your ACL patients?

- ■ Not applicable

Write your answer here

16.2. In your opinion, which aspect of ACL rehabilitation is most positively influenced by good nutrition (you can select more than one option)?

- ■ Not applicable
- ■ The ability to sustain rehabilitation and training activities
- ■ Recovery of muscle size and function
- ■ Recovery of the anterior cruciate ligament (reconstruction)
- ■ Management of body composition
- ■ Other, please specify...

16.3. Do you provide nutritional advice only to patients who have undergone surgery?

- ■ Yes, I only give nutritional advice to patients with surgery
- ■ No, I only give nutritional advice to patients without surgery.
- ■ No, I give nutritional advice to patients both with and without surgery.

16.4. Do you use different nutritional advice for patients who have undergone surgery compared to patients who have not had/are not having surgery?

- ■ Yes, I adjust my nutritional advice based on whether a patient has undergone surgery or not. If yes, how?

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- ■ No, my nutritional advice is the same for all patients, regardless of whether they have had surgery.

16.5. For which phases of the ACL rehabilitation process do you discuss the topic of nutrition with your patients/clients (you can select more than one option)?

- ■ Preoperative (before surgery)
- ■ Immediately postoperative (within the first week after surgery)
- ■ Early rehabilitation (within the first 4 weeks after surgery)
- ■ Mid-rehabilitation (more than 4 weeks after surgery)
- ■ The entire rehabilitation process, from injury to return to sport
- ■ Other, please specify...

16.6. Where do you mainly find your information or updates about nutrition and ACL rehabilitation (you can select more than one option)?

- ■ Conferences and seminars
- ■ Peer-reviewed journals (e.g. British Journal of Sports Medicine, Nutrition Journal)
- ■ Books or publications by experts
- ■ Networking with colleagues or experts in the field
- ■ Patient experiences or testimonials
- ■ Continuing education or training programs
- ■ Social media channels (e.g. professional groups)
- ■ Online platforms or websites dedicated to nutrition or anterior cruciate ligament rehabilitation
- ■ Other, please specify...

16.7. What challenges do you encounter in incorporating nutritional recommendations into your guidance for patients (you can select more than one option)?

- ■ Lack of formal training or education in nutrition.
- ■ Cultural or language barriers make it challenging to effectively convey nutritional advice.
- ■ Limited time during the consultation to discuss nutrition.
- ■ Difficulty tracking or measuring the impact of nutrition on ACL recovery.
- ■ I don't know whether I have sufficient knowledge about the topic of nutrition and rehabilitation in ACL injury
- ■ Challenges in tailoring advice to the individual needs or preferences of the patient.
- ■ Patients who are not open to or show little interest in nutritional advice.
- ■ No perceived barriers.
- ■ Financial constraints.
- ■ Other, please specify...
- ■ Lack of collaboration or communication with professionals.

17. Would you be willing to participate in future research on the role of nutrition in ACL rehabilitation?

- ■ Yes
- ■ No

[If yes:] Please enter your e-mail address below

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If you have any additional comments, you can share them below. If not, this is the end of the questionnaire. Thank you for your cooperation!

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