Appendix D – Interview Guide for Biokineticists

Understanding of Platelet-Rich Plasma (PRP) Therapy

1. What is your understanding of PRP therapy and its overall role in injury rehabilitation?

2. Elaborate on your experience in treating patients who have received PRP therapy and approximately how many patients have you treated in the past two years?

Role of PRP Therapy in Exercise Rehabilitation

3. How do you perceive the role of exercise rehabilitation alongside PRP therapy in promoting healing and recovery?

4. Does PRP therapy influence the length and outcomes of rehabilitation? If so, in what ways?

Applications of PRP Therapy in Injury Management

5. Based on your experience, which hip and knee conditions respond best to PRP therapy?

6. How does PRP therapy affect patient outcomes (pain levels, recovery times, return to activity) compared to traditional rehabilitation methods, particularly in:
    a. Overuse injuries (e.g., Runner's Knee, Piriformis Syndrome)?
    b. Traumatic injuries (e.g., ACL tears, acetabular labral tears)?

Integration of PRP Therapy and Exercise in Recovery

7. How do you integrate PRP therapy into your biokinetics rehabilitation protocols?

8. What phases of rehabilitation do you prioritize when working with PRP therapy patients, and why?

Recommendations

9. With regard to the rehabilitation of individuals who have had PRP therapy, what would you recommend in:
    a. Traumatic knee and hip injuries?
    b. Overuse knee and hip injuries?

10. What challenges have you encountered when incorporating PRP therapy into rehabilitation programs? How do you address these challenges?

Appendix E - Interview guide for Physiotherapists

Understanding of Platelet-rich plasma therapy

1. What is your understanding and overall perspective of Platelet rich plasma therapy (PRP therapy)?

Role of PRP therapy in exercise rehabilitation

2. What role does physiotherapy play alongside PRP therapy in promoting healing and recovery?

3. Do you alter your approach to treatment in a patient who received PRP therapy? And how?

Applications of PRP therapy in injury management

4. In your experience, what types of injuries or conditions have shown the most improvement with PRP therapy - in relation to the hip and knee?

5. How does PRP therapy affect patient outcomes (pain levels, recovery times, return to activity) compared to traditional rehabilitation methods, particularly in:
    a. Overuse injuries (e.g., Runner's Knee, Piriformis Syndrome)?
    b. Traumatic injuries (e.g., ACL tears, acetabular labral tears)?

6. Are there specific stages of recovery where PRP therapy has proven to be most effective?

Integration of PRP therapy and exercise in recovery

7. How do you integrate PRP therapy into your therapeutic modalities?

8. Is there a different approach in traumatic injuries of the hip and knee versus overuse injuries of the hip and knee in patients who have received PRP therapy? Explain.

Recommendations

9. What recommendations would you give for each phase of rehabilitation for traumatic injuries of the hip and knee versus overuse injuries of the hip and knee?

Appendix F - Interview Guide for Orthopaedic Surgeons

Understanding of Platelet-rich plasma therapy

1. What is your understanding and overall perspective of Platelet rich plasma therapy (PRP therapy)?

2. What does the procedure entail?

PRP-therapy in musculoskeletal conditions

3. In your opinion, how do you think PRP therapy benefits patient recovery from musculoskeletal conditions?

4. Are there specific injuries that you think benefit most from PRP therapy?

5. What is the protocol for PRP therapy in traumatic injuries of the hip and knee vs protocol for overuse injuries of the knee and the hip?

Recovery and healing

6. Is there a difference in healing times for traumatic vs overuse injury? If so, what are the time frames?

7. What are the patient's pain levels before and after PRP therapy?

Post PRP-therapy Recommendations

8. How do you think patients may benefit from exercise rehabilitation programmes in their recovery?

9. How do you collaborate with physiotherapists and biokineticists to optimize patient recovery?