

Additional file 3. The Tampa Scale for Kinesiophobia (TSK).

With the following questions, we would like to examine how you see your pain.

Indicate your degree of agreement with the following statements. Please mark the according box after each statement with a cross (one cross per statement).

| Item | Statement | Strongly disagree | Disagree | Agree | Strongly agree |
|------|---|--------------------------|--------------------------|--------------------------|--------------------------|
| 1 | I'm afraid that I might injure myself if I exercise. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | If I were to try to overcome it, my pain would increase. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | My body is telling me I have something dangerously wrong. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | People aren't taking my medical condition seriously enough. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | My accident has put my body at risk for the rest of my life. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 | Pain always means I have injured my body. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 | Simply being careful that I do not make any unnecessary movements is the safest thing I can do to prevent my pain from worsening. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 8 | I wouldn't have this much pain if there weren't something potentially dangerous going on in my body. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 9 | Pain lets me know when to stop exercising so that I don't injure myself. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 10 | I can't do all the things normal people do because it's too easy for me to get injured. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 11 | No one should have to exercise when he/she is in pain. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |