

APPENDIX 1

Pre- and post-therapy recall questionnaire (English)**ASSESSMENT OF RECALL**

1. To complete the Heel Slide exercise, you should:
 - a) Sit upright and slowly slide your heel from left to right
 - b) Lie down and slide your heel slowly towards your buttock and slowly straighten
 - c) Lie down and slide your heel in a circular motion
 - d) I don't know
2. To complete the Straight Leg Raise exercise, you should lie with your knees straight and raise one leg while maintaining the straight knee. You should hold this pose for:
 - a) 2–3 seconds
 - b) 1 minute
 - c) 5–10 seconds
 - d) I don't know
3. To complete the Hip Abduction in Lying exercise, you should:
 - a) Lie with your knees bent and gently lift your leg up and down
 - b) Lie on your front and bring your heels to your buttock
 - c) Lie with your knees straight and gently bring your leg out to the side and back again
 - d) I don't know
4. To complete the Static Gluteal exercise, you should:
 - a) Lie with your knees straight and squeeze your buttock muscles together
 - b) Lie with your knees bent and squeeze your thigh muscles together
 - c) Lie with your knees bent and squeeze your buttock muscles together
 - d) I don't know
5. To complete the Static Quadriceps exercise, you should lie with your knees straight and squeeze the muscles in the front of your thigh for:
 - a) 5–10 seconds
 - b) 30 seconds
 - c) 2 minutes
 - d) I don't know
6. To complete the Inner Range Quadriceps exercise, you should place a rolled towel/pillow under you knee and try to:
 - a) Press the knee down to the bed
 - b) Lift your heel off the bed
 - c) Press the ankle down to the bed
 - d) I don't know
7. To complete the Knee Bending and Straightening in Sitting exercise, you should sit in a chair and straighten your knee for 5–10 seconds. This exercise should be done:
 - a) One leg at a time
 - b) Both legs at the same time
 - c) Raise both arms and legs at the same time
 - d) I don't know
8. To complete the Ankle Pump exercise, you should move your ankle up and down for:
 - a) 10 times/day
 - b) 20 times/hour
 - c) 10 times/hour
 - d) I don't know
9. To complete the Deep Breathing exercise, you should:
 - a) Breathe in through your nose and breathe out through your mouth slowly
 - b) Breathe in and hold your breath for 1 minute
 - c) Breathe in and out very rapidly
 - d) I don't know
10. Following hip surgery, the best chair for you to sit in is:
 - a) A low, plastic stool
 - b) A firm chair with arm rest and back rest
 - c) The floor
 - d) I don't know

APPENDIX 2

Post-therapy satisfaction questionnaire (English)

PATIENT SATISFACTION

Thank you for taking the time to complete this survey! Your feedback is extremely important to us. All answers and comments will be kept strictly confidential.

The following questions ask about your overall satisfaction level during your stay in Alexandra Hospital.

	<i>(Please circle the number)</i>				
	Very dissatisfied	Dissatisfied	Neither satisfied nor dissatisfied	Satisfied	Very satisfied
1 How would you rate your overall satisfaction with physiotherapy services?	1	2	3	4	5
2 How satisfied are you with the patient education material provided?	1	2	3	4	5
3 How satisfied are you with your ability to perform the exercises taught?	1	2	3	4	5

The following questions refer to the patient education material provided to you.

	<i>(Please circle the number)</i>				
	Not at all	A little	A moderate amount	Very much	An extreme amount
4 To what extent did the patient education material help your understanding of the exercises taught?	1	2	3	4	5
5 To what extent did the patient education material assist your ability to perform the exercises taught?	1	2	3	4	5
6 To what extent did the patient education material help you remember the exercises taught?	1	2	3	4	5