

**Appendix Table A1** Low-, intermediate- and high-impact sports activities included in the questionnaire and the total number of participants for each sport at four time points

Level of impact	Sport	Pre-symptomatic	1 year preoperatively	1 year postoperatively	At final FU
Low	Nordic walking	10	6	5	7
Low	Cycling	188	144	137	185
Low	Bike racing	55	29	33	43
Low	Swimming	110	69	70	86
Low	Aqua aerobics	8	6	6	3
Low	Cross-country skiing	14	3	2	4
Low	Golf	28	20	23	27
Low	Table tennis	19	7	4	7
Low	Dancing	48	14	11	10
Low	Sailing	22	12	10	14
Low	Rowing	12	4	5	9
Intermediate	Inline skating	18	2	1	3
Intermediate	Hiking	66	29	24	34
Intermediate	Mountain climbing	16	2	0	6
Intermediate	Mountain biking	37	15	13	25
Intermediate	Fitness-/ weight-training	117	73	80	88
Intermediate	Aerobics	24	4	2	5
Intermediate	Gymnastics	20	2	1	2
Intermediate	Downhill skiing	80	41	33	37
Intermediate	Snowboarding	9	6	2	3
Intermediate	Ice skating	87	16	6	13
Intermediate	Tennis (doubles)	62	30	17	21
Intermediate	Horseback riding	18	5	5	5
High	Jogging	103	31	17	28
High	Ice hockey	2	0	0	0
High	Tennis (singles)	78	25	9	13
High	Squash	34	7	3	1
High	Badminton	25	11	6	5
High	Soccer	70	14	8	10
High	Handball	17	2	0	1
High	Volleyball	37	5	4	3
High	Baseball	7	1	1	0
High	Martial arts	24	5	3	7
High	Water skiing	8	0	0	1
High	Basketball	12	1	0	2
High	Field hockey	7	2	3	3
High	Rugby	3	1	0	0

\*Level of impact according to Vail et al.<sup>29</sup>