

Appendix 1. All sixty-one items that were elicited in the Delphi study including the scores from the third Delphi panel.

	Median	25 percentile	75 percentile
It is essential for the potential effectiveness of a therapeutic exercise program:			
1. to be based on a plausible rationale	6	6	7
2. to be based on a-priori aims and intentions	6	5	7
3. to have a rationale for the mode of exercise	6	6	7
4. to have a rationale for each individual exercise	6	5	6
5. to have a rationale for the dosage of the exercise program	7	6	7
6. to have anatomical, physiological, psychological and behavioral relevance to the injury/condition in question	7	6	7
A rationale can be based on physiological principles, a plausible theory based on good clinical reasoning or scientific evidence (either fundamental or experimental).			
7. Do you agree with this definition for rationale?	6	6	7
It is essential for the potential effectiveness of a therapeutic exercise program:			
8. to present rules/algorithms for treatment selection over the course of the study based on operationally defined criteria.	5	4	6
9. that the content of the exercise program is related to the goals to achieve.	7	6	7
10. to be supervised.	5	3	6
11. to be personalized to the patient.	6	5	7
12. to be contextualized to the patient	6	5	7
13. that patients were involved in its development.	5	4	6
14. to target the cause of the problem.	6	5	7
15. to target impairments or functional limitations.	6	5	7
16. to have the potential to achieve the identified goals.	7	6	7
17. to include the transfer of required skills to daily practice.	6	5	7
18. to take behavior compensation as a result of the therapy into account (e.g. does the person adapt their normal daily behaviors as a result of the therapy - either in a positive or negative fashion).	6	5	6
It is essential for the potential effectiveness of a therapeutic exercise program:			
19. that its dosage is in accordance with its goals.	6	5	7
20. that the mode of exercise is in line with the purpose of the exercise program.	6	6	7
21. that the exercise program lasts at least 6 weeks.	4	2	6

It is essential for the potential effectiveness of a therapeutic exercise program:

22. to yield only minimal adverse events.	6	6	7
23. to be ethically sound.	7	7	7
24. to be carried out under usual conditions, rather than research conditions.	5	4	6
25. to be durable in clinical practice.	6	5	7
26. to be easily disseminated.	6	5	6
27. to be easily realized for patients.	6	5	7
28. to be standardized.	5	4	6
29. to be feasible in most settings.	5	5	6
30. to be economically viable and sustainable.	5	5	6
31. to be suitable for the majority of patients in the population.	5	4	6

It is essential for the potential effectiveness of a therapeutic exercise program:

32. that therapy adherence is adequate	6	6	7
33. that patients whom adherence is inadequate - determined by use of predetermined cut-off scores - are deleted from the study.	3	2	4
34. that progression in the exercise program is demonstrated (eg. patients showed an increased across the trial in the weight lifted, minutes walked etc).	6	5	7

It is essential for the potential effectiveness of a therapeutic exercise program:

35. that the severity of injury/condition is considered in the in- and exclusion criteria.	6	5	6
36. that measures such as fitness level, habitual physical activity and/or sedentary behaviors are considered in the in- and exclusion criteria.	5	4	6
37. that measures such as comorbidities, age, and sex are considered in the in- and exclusion criteria.	6	5	6
38. that measures such as maturation, growth and development are considered in the in- and exclusion criteria.	5	4	6
39. that the eligibility criteria select patients that are common in clinical practice.	6	5	6
40. that the eligibility criteria select patients that are in need of treatment.	6	6	7
41. to match the goal of the therapeutic exercise to the patients problems.	6	6	7

It is essential for the potential effectiveness of a therapeutic exercise program:

42. that, in case the exercise program is supervised, the supervisor's competences and skills are matched to the goals and content of the program.	6	6	7
It is essential for the potential effectiveness of a therapeutic exercise program:			
43. that the outcome evaluation is performed at least 3 months after the exercise intervention.	5	4	6
44. that the outcome evaluation is performed at least 6 months after the exercise intervention.	5	4	6
45. that the primary outcomes of the exercise program should be patient-related.	6	5	7
46. that the outcome measures reflect the goals of the intervention.	7	6	7
47. that outcomes are assessed with validated performance measures.	7	6	7
48. that outcomes are assessed during the intervention	5	3	6
49. that outcomes are assessed directly after the intervention	6	6	7
50. that outcomes are assessed a medium time after the intervention	6	5	7
51. that outcomes are assessed a long time after the intervention	6	5	7
52. that timing of the outcome assessment is based on the predicted washout period of the exercise program.	5	4	6
It is essential for the potential effectiveness of a therapeutic exercise program:			
53. that the exercise program contains outcome measurements at the start, during the therapy to adjust the level of exercise and after the exercise program.	6	5	7
54. to use regular and structured monitoring of therapy progression to strive for optimal exercise intensity.	6	5	7
55. to use regular and structured monitoring of therapy progression to adjust the intervention in case of therapy failure on an individual level.	6	5	6
56. to use regular and structure monitoring to therapy progression to identify and monitor adverse events.	6	5	7
It is essential for the potential effectiveness of a therapeutic exercise program:			
57. that nutrition intake is controlled for (total calories, type and percent of calories).	3	2	4
58. that medication use is controlled for.	5	4	6
It is essential for the potential effectiveness of a therapeutic exercise program:			
59. that positive improvements on the patient specific functional scale are achieved.	6	4	6
60. that there is a statistical significant outcome based on scientific description of exercise.	5	4	6
61. that the outcomes of the exercise program are explained, based on a plausible rationale.	6	6	7