

**Appendix 1: Survey****BLOCK 1**

What gender do you identify as?

- ☐ Male (1)
- ☐ Female (2)
- ☐ Other (3)

What is your age?

- ☐ 18--29 (1)
- ☐ 30--39 (2)
- ☐ 40--49 (3)
- ☐ 50--59 (4)
- ☐ 60--69 (5)
- ☐ 70+ (6)

What is your annual income bracket?

- ☐ Less than \$15 000 (1)
- ☐ \$15 000 to less than \$31 000 (2)
- ☐ \$31 000 to less than \$52 000 (3)
- ☐ \$52 000 to less than \$78 000 (4)
- ☐ \$78 000 to less than \$100 000 (5)
- ☐ More than \$100 000 (6)

Do you have any form of private health insurance?

- ☐ Yes (1)
- ☐ No (2)

What best describes the area where you live?

- ☐ Capital city (1)
- ☐ Metropolitan (not a capital city) (2)
- ☐ Large rural centre (up to 100 000 people) (3)
- ☐ Small rural centre (up to 25 000 people) (4)
- ☐ Other rural area (up to 10 000 people) (5)
- ☐ Remote area (more than 5000 people) (6)
- ☐ Very remote area (less than 5000 people) (7)

What country or countries have you lived in for most of your life?

Do you identify as Aboriginal or Torres Strait Islander?

- ☐ Yes (1)
- ☐ No (2)
- ☐ I don't know (3)

In what languages are you fluent?

What is the highest level of education you have completed?

- ☐ Year 11 or below (1)
- ☐ Year 12 (Final year of high school/college) (2)
- ☐ Certificate III or IV (3)
- ☐ Diploma/Advanced Diploma (4)
- ☐ Bachelor Degree (5)
- ☐ Graduate diploma/certificate (6)
- ☐ Postgraduate degree (7)

BLOCK 2

Have you ever had an injury or pain from a muscle, bone or joint in your legs that has stopped you from doing your normal activity for more than 2 days?

- ☐ Yes (1)
- ☐ No (2)
- ☐ I do not know (3)

Have you ever had any of the below from a muscle, bone or joint?

	Injury or pain lasting less than 6 weeks						Injury or pain lasting more than 6 weeks						Sever pain: 7/10 pain were 10/10 is the worst pain imaginable					
	Never	Once	A few times in my life	Once a year	Once every 3 months	Every month	Never	Once	A few times in my life	Once a year	Once every 3 months	Every month	Never	Once	A few times in my life	Once a year	Once every 3 months	Every month
At or around your ankle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At or around your knee	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
At or around your ankle	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

When you have pain or injury at or around your ankle, knee and hip, select the main actions you typically take (you can select more than 1 response in each column)

	Pain at or around you ankle (1)	Pain at or around you knee (2)	Pain at or around your hip (3)
Went to the hospital (1)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sought help from a private practitioner e.g., GP, physio etc (2)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Took painkillers (3)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ignored it (4)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Self managed using first aid or exercises (5)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sought alternative health care (6)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other (please specify) (7)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

When you have an injury or pain in your leg or foot muscles, when do you usually seek healthcare from any health practitioner?

- ☐ I do not seek care (1)
- ☐ As soon as possible (2)
- ☐ When I know I will be able to afford the appointment (3)
- ☐ When I have time to attend an appointment (4)
- ☐ Only when the pain or injury is severe (5)
- ☐ Only when the injury/pain does not go away quickly by itself (6)
- ☐ Only when I do not know what is wrong (7)

When you have an injury or pain in your leg or foot joints or bones, when do you usually see healthcare from any health practitioner?

- ☐ I do not seek care (1)
- ☐ As soon as possible (2)
- ☐ When I know I will be able to afford the appointment (3)
- ☐ When I have time to attend an appointment (4)
- ☐ Only when the pain or injury is severe (5)
- ☐ Only when the injury/pain does not go away quickly by itself (6)
- ☐ Only when I do not know what is wrong (7)

If you do not seek care when you have pain or injury in your ankles, knees or hips, what is the main reason why you do not?

- ☐ I cannot afford to seek care (1)
- ☐ It is too far to travel (2)
- ☐ Seeking care takes too much time out of my day (3)
- ☐ I do not know the type of practitioner I need to make an appointment with (4)
- ☐ I do not think pain or injury in my lower limbs is serious enough to seek care (5)
- ☐ Pain in or around my hips/knees/ankles is a normal part of aging (6)
- ☐ I have previously sought care for my pain or injury and know how to manage on my own (7)
- ☐ I have had a bad experience with healthcare in the past and choose not to go (8)
- ☐ Other: Please specify (9) \_\_\_\_\_

For how long are you prepared to travel to get healthcare?

	Up to 30 mins (1)	Between 30 mins and 1 hour (2)	Between 1 and 3 hours (3)	Between 3 and 6 hours (4)	Between 6 and 12 hours (5)	As long as I need to (6)
When you have pain or injury that you have had for less than 6 weeks (1)	0	0	0	0	0	0
When you have pain or injury that you have had for more than 6 weeks (2)	0	0	0	0	0	0
When you have severe pain or injury regardless of how long you have experienced it (3)	0	0	0	0	0	0

If you were to injure your hip, knee or ankle, how likely would you be to seek care from the following health practitioners?

- GP (1)
- Sports Physician (2)
- Orthopaedic Surgeon (3)
- Rheumatologist (4)
- Physiotherapist (5)
- Dietician (6)
- Occupational Therapist (7)
- Podiatrist (8)
- Osteopath (9)
- Chiropractor (10)
- Naturopath (11)

Which statement best describes how you approach your treatment when you see the following health practitioners. Only rate those whom you have previously sought care from

	I expect this practitioner would do most of the work to address my health issue (1)	I expect I would work together with this practitioner to address my health issue (2)	I expect I would have to do most of the work to address my health issue with this practitioner guiding my efforts (3)	Don't know (4)
GP (1)	0	0	0	0
Sports Physician (2)	0	0	0	0
Orthopaedic surgeon (3)	0	0	0	0
Rheumatologist (4)	0	0	0	0
Physiotherapist (5)	0	0	0	0
Dietician (6)	0	0	0	0
Occupational therapist (7)	0	0	0	0
Podiatrist (8)	0	0	0	0
Osteopath (9)	0	0	0	0
Chiropractor (10)	0	0	0	0
Naturopath (11)	0	0	0	0

**BLOCK 3**

How generally interest in health information would you say you are?

- ☐ Very (1)
- ☐ Quite a bit (2)
- ☐ Take it or leave it (3)
- ☐ Not very (4)
- ☐ Not at all (5)

Do you actively seek out information about pain or injury of muscles, bones or joints

- ☐ Yes (1)
- ☐ No (2)
- ☐ Only when I'm injured or in pain (3)
- ☐ Sometimes (4)

If you were to injure your hip, knee or ankle, how likely would you be ask for health information from the following health practitioners?

- \_\_\_\_\_ GP (1)
- \_\_\_\_\_ Sports Physician (2)
- \_\_\_\_\_ Orthopaedic Surgeon (3)
- \_\_\_\_\_ Rheumatologist (4)
- \_\_\_\_\_ Physiotherapist (5)
- \_\_\_\_\_ Dietician (6)
- \_\_\_\_\_ Occupational Therapist (7)
- \_\_\_\_\_ Podiatrist (8)
- \_\_\_\_\_ Osteopath (9)
- \_\_\_\_\_ Chiropractor (10)
- \_\_\_\_\_ Naturopath (11)
- \_\_\_\_\_ Gym/fitness instructor/personal trainer (12)

If you were to injure your hip, knee or ankle, how likely would you to trust the information you received from the following health practitioners?

- \_\_\_\_\_ GP (1)
- \_\_\_\_\_ Sports Physician (2)
- \_\_\_\_\_ Orthopaedic Surgeon (3)
- \_\_\_\_\_ Rheumatologist (4)
- \_\_\_\_\_ Physiotherapist (5)
- \_\_\_\_\_ Dietician (6)
- \_\_\_\_\_ Occupational Therapist (7)
- \_\_\_\_\_ Podiatrist (8)
- \_\_\_\_\_ Osteopath (9)
- \_\_\_\_\_ Chiropractor (10)
- \_\_\_\_\_ Naturopath (11)
- \_\_\_\_\_ Gym/fitness instructor/personal trainer (12)

If you were to injure or experience pain in your hip, knee or ankle, how likely are you to use the following sources to find out more about your pain or injury

- \_\_\_\_\_ Health App (1)
- \_\_\_\_\_ Expert website (2)
- \_\_\_\_\_ Wikipedia (3)
- \_\_\_\_\_ Google/Internet Search (4)
- \_\_\_\_\_ Google Scholar (5)
- \_\_\_\_\_ Social Media (6)
- \_\_\_\_\_ Mainstream media (tv, radio, newspaper, magazine) (7)
- \_\_\_\_\_ Podcast (8)
- \_\_\_\_\_ Friend (9)
- \_\_\_\_\_ Family member (10)

If you were to injure or experience pain in your hip, knee or ankle, how likely are you to trust the information you received from the following sources?

- \_\_\_\_\_ Health App (1)
- \_\_\_\_\_ Expert website (2)
- \_\_\_\_\_ Wikipedia (3)
- \_\_\_\_\_ Google/Internet Search (4)
- \_\_\_\_\_ Google Scholar (5)
- \_\_\_\_\_ Social Media (6)
- \_\_\_\_\_ Mainstream media (tv, radio, newspaper, magazine) (7)
- \_\_\_\_\_ Podcast (8)
- \_\_\_\_\_ Friend (9)
- \_\_\_\_\_ Family member (10)

All done! Thanks for completing our survey. If you have any further comments, please add them below