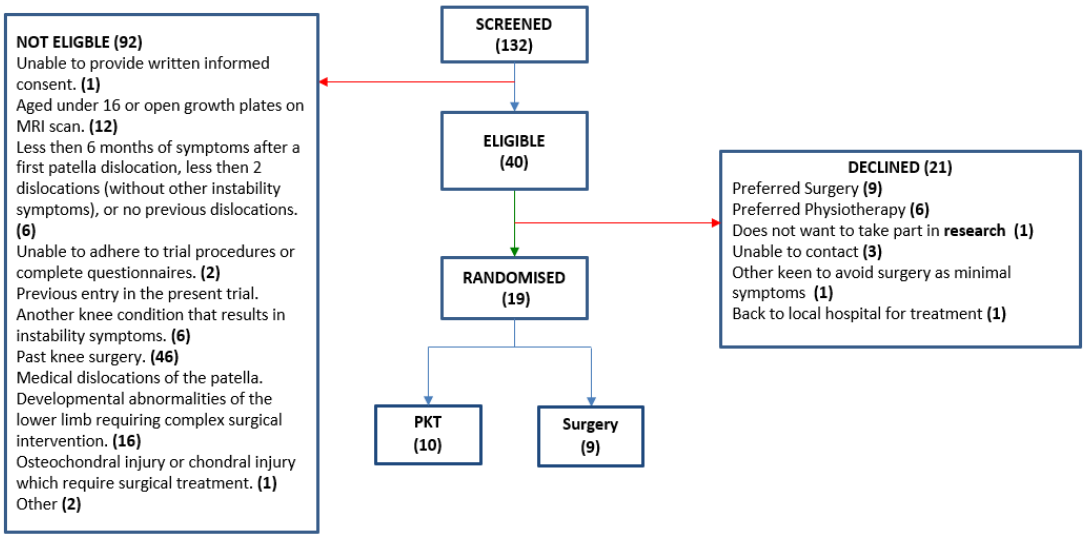
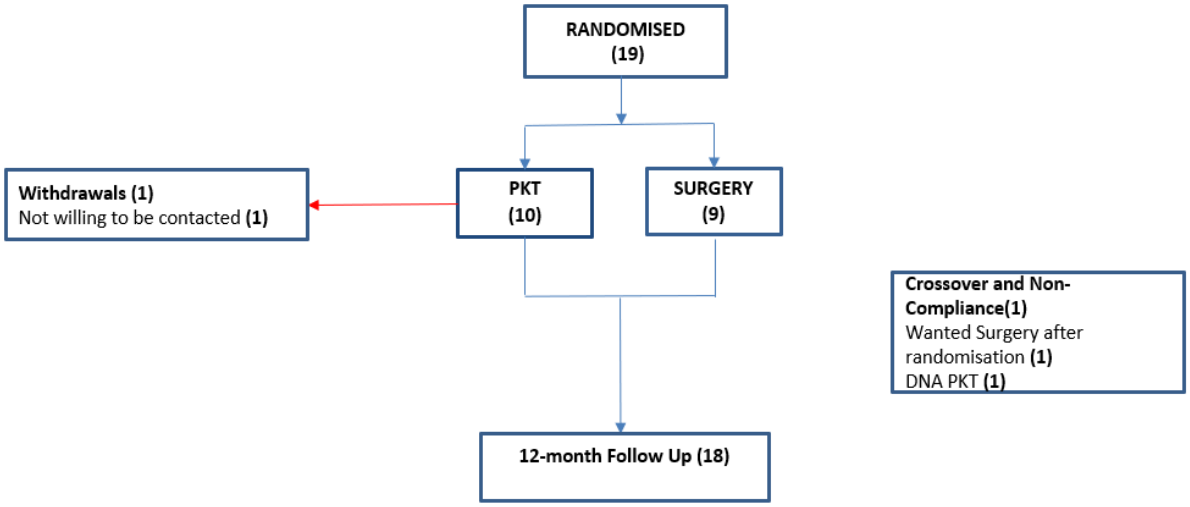
Consort Participant Flow & Intervention Arms



CONSORT Participant Flow



Intervention Arms, Follow-up

Baseline Characteristics

Patient variable	Number
Number randomised (n)	*19*
Age (in years; mean, SD)	26.0 (12.0)
Gender (Male: n, %)	8 (42.1)
BMI (mean, SD)	28.8 (8.3)
Study knee (Left; n, %)	7 (37.8)
Number of dislocations in study knee (median, IQR)	4 (3)
Bilateral disease (n, %)	5 (26.3)
Number of dislocations in non-study knee (median, IQR)	2 (1)
Age at first knee dislocation (years; mean, SD)	19.1 (8.2)
Beighton's Score of study knee (mean, SD)	3.9 (2.8)
Joint hypermobility in study knee (Beighton's Score ≥ 4: n, %)	7 (37.8)
Biedert patella–trochlea index of study knee (mean, SD)	0.3 (0.1)
Patella Alta in study knee (Biedert patella–trochlea index < 0.25: n, %)	3 (15.8)
Previous physiotherapy in study knee (Any; n, %)	18 (94.7)

Baseline Characteristics and Scores (n=19)

Follow Up Rate & Methods of Response

Follow up outcome	Baseline	3 months	6 months	12 months
Number of valid responses at time point	19	15	12	18
Offered paper based CRF	19	19	18	18
Offered web-based CRF	0	0	10	18
Completed web-based CRF	0	0	2	6
Completed postal CRF	19	15	10	12

Follow up rate and Methods of Response

Complication and Adverse Events

Follow up outcome	3 months			6 months			12 months		
	PKT	Surgery	**Whole Cohort**	PKT	Surgery	**Whole Cohort**	PKT	Surgery	**Whole Cohort**
Number of valid responses at time point (n, %)	8 (42.1)	7 (36.8)	**15 (78.9)**	5 (26.3)	7 (36.8)	**12 (63.2)**	9 (47.4)	9 (47.4)	**18 (94.7)**
Any complication (n, %)	6 (31.6)	3 (15.8)	**9 (47.4)**	3 (15.8)	3 (15.8)	**6 (31.6)**	6 (31.6)	7 (36.8)	**13 (68.4)**
Complication: Study Knee Patella Dislocation (n, %)	3 (15.8)	0 (0.0)	**3 (15.8)**	1 (5.3)	1 (5.3)	**2 (10.5)**	1 (5.3)	1 (5.3)	**2 (10.5)**
Complication: Injury (n, %)	1 (5.3)	0 (0.0)	**1 (5.3)**	0 (0.0)	1 (5.3)	**1 (5.3)**	0 (0.0)	2 (10.5)	**2 (10.5)**
Complication: Muscle soreness (n, %)	4 (21.1)	1 (5.3)	**5 (26.3)**	2 (10.5)	2 (10.5)	**4 (21.1)**	4 (21.1)	4 (21.1)	**8 (42.1)**
Complication: Ankle or hip pain (n, %)	1 (5.3)	2 (10.5)	**3 (15.8)**	0 (0.0)	3 (15.8)	**3 (15.8)**	3 (15.8)	1 (5.3)	**4 (21.1)**
Complication: DVT or PE (n, %)	0 (0.0)	0 (0.0)	**0 (0.0)**	0 (0.0)	0 (0.0)	**0 (0.0)**	0 (0.0)	0 (0.0)	**0 (0.0)**
Complication: Other (n, %)	1 (5.3)	0 (0.0)	**1 (5.3)**	2 (10.5)	1 (5.3)	**3 (15.8)**	3 (15.8)	3 (15.8)	**6 (31.6)**

Complication Data, Whole Cohort and By Allocation

Basic Outcome Data

Follow up outcome		Baseline	12 months
NPIS (mean, SD) (0=lowest possible function, 0=best possible function)		40.6 (22.1)	28.9 (24.8)
Global assessment of change (n, %)	Substantially Better	-	8 (42)
	Moderately Better	-	5 (26)
	No difference	-	3 (16)
	Moderately worse	-	2 (11)
	Substantially worse	-	0 (0)
Satisfaction with treatment (n, %)	Extremely Satisfied	-	8 (42)
	Very Satisfied	-	3 (16)
	Somewhat Satisfied	-	3 (16)
	Neither satisfied nor dissatisfied	-	3 (16)
	Somewhat Dissatisfied	-	1 (5)
	Very Dissatisfied	-	0 (0)
	Extremely Dissatisfied	-	0 (0)

Global Assessments of Change and NPIS, KPDS, and EQ-5D by timepoint