Motivation to perform the prescribed exercises[[1]](#footnote-1)

**Do you believe that the exercises, you are prescribed, are effective?**

*Very much To some degree A little Not at all Don't know*

**How motivated are you to perform the prescribed exercises?**

*Very much To some degree A little Not at all Don't know*

**How certain are you, that you are going to perform the exercises?**

*Very certain Almost certain A little uncertain Very uncertain Don't know*

1. The evaluation was done 3 weeks after surgery [↑](#footnote-ref-1)