**Pragmatic Home-Based Exercise after Total Hip Arthroplasty – Silkeborg. The PHETHAS trial.**

Interview guide in PHETHAS-2, an embedded qualitative study in the PHETHAS-1 trial.

The interview guide is translated to English from the original Danish version that is used in the study.

* Tell a little about yourself: education, worklife, leisure time, marital status

The interviewer presents the Timeline (a piece of paper with the illustration below)

**Surgery 3 week visit 10 week visit**

Questions asked while using the timeline

* What did your hip problems prevent you from doing?
* On a scale from 0 to 10, where 10 is best, how was your functional status just before the operation?
* Why was it like that?
* Where are you on that scale now?
* Where you nervous before the operation?
* Do you know anyone who has undergone hip surgery?
* What is your goal?

Questions concerning exercise and physical activity

* Which recommendations have you received concerning training from the physiotherapist (staff)?
* Tell me about how it was for you to perform the training at home just after discharge from the hospital?
* How was it to perform the training at home after the 3 week visit at the Hospital?
* Did you feel sufficiently informed/capable to independently conduct the training at home?
* Tell me how you do in practice when you exercvise at home?
* What do you think about the exercise diary?
* How did it feel to train "to excertion"?
* Besides from the prescribed exercises, do you perform any other physical activity during the day? (e.g. biking, walking).

(Explore patient prefences for physical activity versus exercise)

* Have you had periods where it was difficult to exercise/where you did not perform exercises?
* How important is it for you to be able to be physically active?
* Have you considered not to be physically active/perform the exercises?
* Have you considered when you will quit the exercise program?
* Have you considered if you wish to continue to exercise and how you will do it?

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Supplementary question

* We are considering to investigate weather this exercise program works better than general physical activities, what do you think of this idea?