

**Modified questionnaire to measure adherence based on the “Sports Injury Rehabilitation Adherence Scale” (SIRAS).**

<b>Sports Injury Rehabilitation Adherence Scale</b>						
1) Mark the number that best indicates the intensity with which this patient completed the rehabilitation exercises during today’s appointment:						
Minimum effort	1	2	3	4	5	Maximum effort
2) During today’s appointment, how frequently did this patient follow your instructions and advice?						
Never	1	2	3	4	5	Always
3) How receptive was this patient to changes in the rehabilitation program during today’s appointment?						
Very unreceptive	1	2	3	4	5	Very receptive

The evaluation of the questionnaire has been explained in the book *"Back pain patients' adherence to sustainable physiotherapy - where are the opportunities?"* (page 30).