

Additional file 2. Participant data supporting Theme 1 - Knowledge: Certainty and Uncertainty

Structural model of progressive degeneration
• <i>"The cartilage is gone. It didn't all disappear at once, it's wearing out ... you might be making something out of metal, if you beat on it enough, well it gets thinner... That's the way I look at my knee joint."</i> –James, 70 to 74 years old, knee pain 4 to 6 years • <i>"It's crapping out all the time, a little bit every year... a race against time."</i> –John, 65 to 69 years old, knee pain 4 to 6 years • <i>"You can hear it, you know, grinding. So to me it feels like bone-on-bone."</i> –Geoff, 60 to 64 years old, knee pain 14 to 16 years • <i>"I have quite bow knees. So obviously there are some structural changes happening."</i> –Linda, 50 to 54 years old, knee pain over 20 years • <i>"My leg muscles sort of work in reverse, you know, of trying to hold the joint apart."</i> –James, 70 to 74 years old, knee pain 4 to 6 years • <i>"[When the pain changes] I hope I'm not breaking any more cartilage."</i> –William, 60 to 64 years old, knee pain 4 to 6 years
Approaches to osteoarthritis management
• <i>"It was a bit of a shock seeing [in the X-ray] just what little there is there... it woke me up and said 'right, well I can't continue fully on it. I've got to be aware of it all the time'."</i> –Anne, 60 to 64 years old, knee pain 10 to 12 years • <i>"Whatever I'm doing, it makes me think about really can I accomplish what I want to do. So you know, just to go for a walk, how far do I want to go and is there anywhere to rest?"</i> –James, 70 to 74 years old, knee pain 4 to 6 years • <i>"It makes me a bit lazier... you do things to protect your knee from what you think might be going to hurt."</i> –Karen, 60 to 64 years old, knee pain 18 to 20 years • <i>"[Changes in pain mean] your knee is reminding you to be careful and to watch out for what you do."</i> –Linda, 50 to 54 years old, knee pain over 20 years • <i>"I like playing golf so I bought myself a scooter to go round the golf course. To save walking, to save wear and tear on that right knee."</i> –George, 80 to 84 years old, knee pain 8 to 10 years • <i>"I wear a brace all the time. Give it a bit of support."</i> –Geoff, 60 to 64 years old, knee pain 14 to 16 years • <i>"They mightn't have done a great deal for me, but we're all at different stages and levels and all that, and it might help them."</i> –James, 70 to 74 years old, knee pain 4 to 6 years • <i>"You can't put that stuff [cartilage] back in there and so you just need to replace the joint at some stage."</i> –Karen, 60 to 64 years old, knee pain 18 to 20 years

From: Darlow B, Brown M, Thompson B, Hudson B, Grainger R, McKinlay E, Abbott JH (2018) Living with osteoarthritis is a balancing act: An exploration of patients' beliefs about knee pain.