Select treatment aim		Select body region		Select means		Select intensity					
	Edema	Option menu		Option menu		Option menu					
	circulation						Dosage 1 Dosage 2				
	on calation	0	Shoulder	Active mea	ins	0	Seconds	0	Seconds		
		0	Elbow	0	Walking	0	Minutes	0	Minutes		
		0	Wrist	0	Home trainer	0	Hours	0	Hours		
		0	Hand	0	Leg press	0		nds per minu	ite)	0	
		0	Spine	0	Squat		RPM/				
	Muscle	0	Pelvis	0	Leg	0	Watt	0	Watt		
		0	Hip	extension		0	Kg (Kilogra	ms)	0	Kg	
	strength/	0	Knee	0	Leg curl	0	Sets	0	Sets		
	function	0	Ankle	0	Rowing	0	Series	0	Series		
		0	Foot	0	Swim	0	Repetitions	/series/			
		0	Total Body	0	Step	Intensity/Frequency/week O			Repetitions	Repetitions/series/	
		0	O Other	Hydrotherap		reqweek					
				у		0	Meter	0	Meter		
	Range of			0	Cross-trainer	0	Steps	0	Steps		
	motion			0	Cycling	0	Pain level:		Pain level:		
	motion			outside		OBelow threshold			OBelow		
				0	Treadmill	threshold					
				0	Other		OAt thresh			OAt threshold	
						OBeyond threshold				OBeyond	
				Option Menu			eshold	_			
	Motor control					0	Other	0	Other		
				Passive Me	eans						
				0	CPM						
				(Constant P	assive						
				Movement)							
	Cardio/			0	Orthotics						
	pulmonary			0	Manual						
				therapy							
				translation	Traction,						
				translation							
				mobilisation	Angular						
				Technics							
				O	Other						
					Julei						
	Other										
	Juler										

Fig. S2. Treatment Guide.