

## Appendix 1

### Teitges test - Patient instructions

The purpose of Teitges test, is to examine if we can relieve the symptoms in your most arthrosis affected knee. The instructions are standardized, and I will read them out loud throughout the test. First, I will let you practice the movement of a single leg squat. Then I will load and deload the knee by pushing from outside of your knee. I will test your healthy/least affected knee to practice. Afterwards I will test your affected/most affected knee.

To begin with I will test your healthy/least affected knee

*(Prior to the test mark out 2 lines. One line 30 cm from the wall and another line 45 cm from the wall).*

Place yourself sideways to the wall with your healthiest leg closest to the wall and your foot placed on the inner line. Lean your shoulder against the wall, and put all your weight on your inner leg. Flex your outer knee. You can either lift your foot from the ground or lean your toes to support balance.

Squat as deep as possible. Notice how it feels.

*(The patient performs a single leg squat)*

Now I will load your knee, by pushing on the inside of your knee.

Squat again. Notice how it feels.

*(The patient squats while the investigator pushes from the medial side of the knee with one hand, to induce varus stress).*

Turn around and place your healthiest knee outermost. Place same foot on the outer line. Lean your shoulder against the wall. Flex your knee closest to the wall. You can either lift your foot from the ground or lean your toes to support balance. Squat as deep as possible.

*(The patient performs a single leg squat).*

Now I will push on the outside of you knee, while you do a last single leg squat. Notice how it feels.

*(The investigator pushes on the lateral side of the knee to create valgus stress)*

This was to actice the test.

Now I will test your affected/most affected knee

Place yourself sideways with your affected/most affected knee closest to the wall. Place your foot on the inner line. Lean your shoulder against the wall and put all your weight on your inner leg. Flex your outer knee. You can lift the foot from the ground or lean your toes to support balance.

Squat as deep as possible. Notice how it feels.

*(The patient performs a single leg squat)*

Now I will load your knee, by pushing on the inside of your knee.

Squat again. Notice how it feels.

*(The patient squats while the investigator pushes from the medial side of the knee with one hand, to increase varus stress).*

Turn around and place your affected knee outermost. Place your foot on the outer line. Lean your shoulder against the wall. Flex your inner knee. You can either lift your foot from the ground or lean your toes to support balance. Squat as deep as possible.

*(The patient performs a single leg squat).*

Now I will push on the outside of you knee, while you do a last single leg squat. Notice if you experience significant relieve of your symptoms or knee pain throughout the movement.

Squat as deep as possible.

*(The investigator pushes on the lateral side of the knee to create valgus stress while the patient squats.)*

*The investigator asks the patient:*

Did you experience a significant relieve in symptoms from the inner part of your knee when doing the last squat?