

Appendix A. Examples of models of care presented in “Risk-stratified and stepped models of care for back pain and osteoarthritis. Are we heading towards a common model?”

Name (short form) Country of development	Condition	Model of Care	Content of treatment	Timing and criteria for decision making
Beating Osteoarthritis (BART). [92] Netherlands	OA	Stepped care for non-surgical treatment options	1 st step treatment options that can be offered to all patients: Education, lifestyle advice, and acetaminophen 2 nd step considered if the treatment options in step 1 are not sufficient: Exercise therapy, dietary therapy, and Non-Steroidal Anti-Inflammatory Drugs 3 rd step considered if the previous steps were ineffective: Multidisciplinary care, intra-articular injections, and transcutaneous electrical nerve stimulation	1 st step: evaluation at 3 months (or earlier if symptoms persist or increase) 2 nd step: evaluation after 3-6 months (or earlier if symptoms persist or increase) 3 rd step: At patient set intervals No fixed criteria for progression to next step
Enabling Self-management and Coping with Arthritis Knee Pain through Exercise (ESCAPE-knee pain). [48] UK	Knee pain including OA	1 st step in a stepped care model	Offered to all patients: Education and supervised exercises (twice weekly for 6 weeks).	[No description identified]
Good Life with osteoArthritis: Denmark (GLA:D®). [92] Denmark	Knee and hip OA	1 st step in a stepped care model	Offered to all patients: Education (2-3 sessions) and supervised exercises (twice weekly for 6 weeks).	Evaluation at the end of supervised exercise program No fixed criteria for referring to other treatments
The PARTNER model. [47] Australia	Knee pain including OA	Combined stepped/ stratified care	1 st step for all patients: Remotely delivered education, home exercises, physical activity plan, medication review + weight loss advice (BMI >27). 2 nd optional step (directed at individual needs and preferences with no stratification tool): Mobility aides, orthoses, heat pads, online pain coping skills training, online CBT programs addressing anxiety, depression and sleep	2 nd step is offered if the patient meets pre-determined criteria [no description identified] and/or has identified an issue as a priority for action

The STarT Back approach. [44] UK	LBP	Risk-Stratified care	<p>Low-risk patients: Advice</p> <p>Medium-risk patients: Advice + physiotherapy sessions targeting physical characteristics</p> <p>High-risk patients: Advice + physiotherapy sessions using combined physical and psychological approaches</p>	Stratification based on risk of activity limitation at 6 months predicted at time of care-seeking
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