



### **Supplementary material**

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**Supplementary Table 1. Web-based education programmes for knee osteoarthritis**

	<b>Elderly Health Service*</b>	<b>Osteoarthritis Research Society International non-surgical management of Knee osteoarthritis†</b>	<b>Versus Arthritis‡</b>	<b>American College of Rheumatology§</b>	<b>Arthritis Foundation¶</b>	<b>MyJointPain**</b>	<b>Royal Australian College of General Practitioners Handbook of Non-Drug Interventions††</b>
<b>Country/region</b>	Hong Kong	United States	United Kingdom	United States	United States	Australia	Australia
<b>Language</b>	Cantonese	English	English	English and Spanish	English	English	English
<b>Intended audience</b>	Elderly population Caregivers	Healthcare professionals Patients with osteoarthritis	Patients with arthritis Healthcare professionals	Patients with rheumatic disease Caregivers Healthcare providers	Patients with osteoarthritis	Patients with osteoarthritis	General practitioners Patients with osteoarthritis
<b>Salient features</b>	Instructional exercise videos (stay active at home, tai chi, rejuvenation exercises)	Healthcare conversation podcasts Educational database	Instructional exercise videos (stretching, tai chi) NICE-endorsed diagnostic tools	Patient education videos	Education articles Expert Q&A videos Instructional exercise videos	Risk assessment Patient-specific management plans Community discussion forums	Non-pharmacological treatment database

<b>Nature of programme</b>	Educational pamphlets	World Congress presentations	Educational pamphlets	Educational database	Educational database	Educational database	Educational database
	Educational database	Treatment guidelines	Educational database	Instructional video database	Instructional video database	Instructional video database	Instructional exercise videos
	Instructional video database	Research skills White papers	Instructional video database	Healthcare professional database	Healthcare professional database	Community discussion forums	
	Instructional audio database		professional database			Risk assessment	

Abbreviations: NICE = National Institute for Health and Care Excellence; Q&A = question-and-answer

\* Elderly Health Service, Department of Health, Hong Kong SAR Government. Elderly Health Service. Available from: <https://www.elderly.gov.hk/eindex.html>. Accessed 8 Mar 2022

† Osteoarthritis Research Society International. OARSI guidelines for the non-surgical management of knee, hip and polyarticular osteoarthritis 2019. Available from: <https://oarsi.org/education/oarsi-guidelines>. Accessed 31 Jan 2024

‡ Versus Arthritis. Available from: <https://www.versusarthritis.org/#main>. Accessed 8 Mar 2022

§ American College of Rheumatology. Osteoarthritis. Available from: <https://www.rheumatology.org/I-Am-A/Patient-Caregiver/Diseases-Conditions/Osteoarthritis>. Accessed 8 Mar 2022

¶ Arthritis Foundation. Available from: <https://www.arthritis.org/>. Accessed 8 Mar 2022

\*\* Arthritis Australia. MyJointPain. Available from: <https://www.myjointpain.org.au/>. Accessed 8 Mar 2022

†† Royal Australian College of General Practitioners. Handbook of non-drug interventions. Available from: <https://www.racgp.org.au/clinical-resources/clinical-guidelines/handi>. Accessed 8 Mar 2022

**Supplementary Table 2. Comparisons of intra-articular hyaluronic acid preparations\***

	<b>Hyalgan</b>	<b>Hymovis</b>	<b>Orthovisc</b>	<b>Neflexxa/Euflexxa</b>	<b>Synvisc-One</b>	<b>Durolane</b>
<b>Manufacturer</b>	Fidia Pharma, Florham Park [NJ], US	Fidia Pharma, Florham Park [NJ], US	DePuy Synthes, Raynham [MA], US	Ferring Pharmaceuticals, Parsippany [NJ], US	Sanofi, Bridgewater [NJ], US	Bioventus, Durham [NC], US
<b>Composition</b>	Sodium hyaluronate	Hyaluronan (HYADD 4 <sup>†</sup> )	Hyaluronan	Sodium hyaluronate (BioHA)	80% hylan A and 20% hylan B (hylan G-F 20)	Stabilised hyaluronic acid (NASHA)
<b>Source (type)</b>	Avian	Bacterial fermentation	Bacterial fermentation	Bacterial fermentation	Avian	Bacterial fermentation
<b>Molecular weight, kDa</b>	500-730	500-730	1000-2900	2400-3600	6000	100 000
<b>Conformation</b>	Linear chain	Linear chain	Linear chain	Linear chain	Crosslinked	Linear chain ~1% crosslinked
<b>Dose, mg/mL</b>	10	8	15	10	8	20
<b>Treatment regimen</b>	Once-weekly injection (2 mL) for 3-5 weeks	Once-weekly injection (3 mL) for 2 weeks	Once-weekly injection (2 mL) for 3-4 weeks	Once-weekly injection (2 mL) for 2 weeks	1 injection (6 mL)	1 injection (3 mL)

Abbreviation: NASHA = non-animal stabilised hyaluronic acid

\* All information were obtained from each manufacturer's full prescribing information

<sup>†</sup> A hexadecylamide derivative of hyaluronic acid