

Appendix S1. Questionnaire

Respondent profile

What is your profession?

- Rehabilitation specialist
- Physical therapist

What is your sex?

- Male
- Female

What is your highest degree?

- Bachelor's
- Master's
- PhD

What is your primary practice setting?

- Specialized centre (i.e. rehabilitation centres or rehabilitation outpatient clinics of university or general hospitals)
- Primary care (i.e. community-based physical therapy practices)

Where is your primary practice setting?

- Drenthe
- Flevoland
- Friesland
- Gelderland
- Groningen
- Limburg
- Noord-Brabant
- Noord-Holland
- Overijssel
- Utrecht
- Zeeland
- Zuid-Holland

How many years have you been in clinical practice?

- <6
- 6–10
- 11–15
- >16

How many years have you been in neuromuscular rehabilitation?

- <6
- 6–10
- 11–15
- >16

How much of your practice time do you have in neuromuscular rehabilitation?

- <50%
- 51–75%
- 76–100%

Application of aerobic exercise

Which of the following neuromuscular diseases do you treat in clinical practice? (Check all that apply)

- Congenital myopathies
- Inflammatory myopathies
- Inflammatory neuropathies
- Metabolic myopathies
- Motor neurone diseases
- Muscle dystrophies
- Myotonic dystrophies
- Neuromuscular junction diseases
- Peripheral nerve diseases

For which of the following neuromuscular diseases do you prescribe aerobic exercise? (Check all that apply)

- Congenital myopathies
- Inflammatory myopathies
- Inflammatory neuropathies
- Metabolic myopathies
- Motor neurone diseases
- Muscle dystrophies
- Myotonic dystrophies
- Neuromuscular junction diseases

Supplementary material to article by E. L. Voorn et al. et al. "Aerobic exercise in neuromuscular rehabilitation: A survey of healthcare professionals"

- Peripheral nerve diseases

For approximately how many neuromuscular disease patients per year do you prescribe aerobic exercise?

- 0–5
- 6–10
- 11–15
- 16–20
- >20

What is the primary training setting?(Check all that apply)

- At home
- General hospital
- Gym
- Physical therapy practice
- Rehabilitation centre
- University hospital

What is the primary training format? (Check all that apply)

- Group training
- Individual training
- Mix of individual and group training

On average, how many days of aerobic exercise per week do you prescribe for patients with neuromuscular diseases? (Note: aerobic exercise refers to exercise that is done during a therapy session AND exercise that the patient does outside of therapy under your instruction).

- 1
- 2
- 3
- 4
- 5

Do you use any of the following methods to determine the initial (baseline) intensity of aerobic exercise for patients with neuromuscular diseases? (Check all that apply)

- Percentage of maximal heart rate based on maximal exercise test
- Percentage of predicted maximal heart rate based on a formula (e.g. 220 minus age)
- Percentage of predicted maximal heart rate based on submaximal exercise test
- Rating of perceived exertion (e.g. Borg scale)
- Standardized walk tests (e.g. 6-min walk test)
- Talk test
- Threshold values (e.g. anaerobic threshold)
- Other, please specify

On average, how much time per aerobic exercise session do you prescribe for patients with neuromuscular diseases? (Note, aerobic exercise refers to exercise that is done during a therapy session AND exercise that the patient does outside of therapy under your instruction).

- <10
- 11–15
- 16–20
- 21–30
- >30

Do you routinely prescribe any of the following modes of aerobic exercise for patients with neuromuscular diseases? (Check all that apply)

- Circuit training
- Cross trainer
- Ergometer exercise (e.g. cycle ergometer, treadmill, arm ergometer)
- Motion control video games
- Overground exercise (e.g. cycling, walking/running)
- Swimming
- Other, please specify

On average, how many weeks of aerobic exercise do you prescribe for patients with neuromuscular diseases?

- 4–8
- 9–12
- 13–16
- >16
- Varying

Please rate how much you agree or disagree with the following statement: "Aerobic exercise should be incorporated into treatment programmes of patients with neuromuscular diseases".

- Strongly disagree
- Disagree
- Neither disagree nor agree
- Agree

Supplementary material to article by E. L. Voorn et al. et al. "Aerobic exercise in neuromuscular rehabilitation: A survey of healthcare professionals"

- Strongly agree

Please rate whether there is underuse (i.e. insufficient training dose) or overuse of aerobic exercise in adult neuromuscular rehabilitation.

- Strong underuse
- Underuse
- Neither underuse nor overuse
- Overuse
- Strong overuse

Barriers to application of aerobic exercise

Do any of the following safety concerns routinely cause you to avoid prescribing aerobic exercise of patients with neuromuscular diseases? (Check all that apply).

- Concern about cardiac status
- Concern about general safety
- Concern about the risk of overwork weakness
- Other, please specify

Do any of the following patient characteristics routinely cause you to avoid prescribing aerobic exercise of patients with neuromuscular diseases? (Check all that apply).

- Patients' cognitive deficits
- Patients' comorbidities
- Patients' cultural issues
- Patients' depression
- Patients' fatigue level
- Patients' limited motivation
- Patients' physical inability to perform at a training level
- Other, please specify

Do any of the following lack of resources and operations cause you to avoid prescribing aerobic exercise of patients with neuromuscular diseases? (Check all that apply).

- Lack of administrative support
- Lack of carry over to next phase of rehabilitation
- Lack of experience with aerobic exercise
- Lack of knowledge about aerobic exercise prescription
- Lack of screening tools to assess the need for aerobic exercise
- Lack of screening tools to ensure patient safety
- Lack of support staff to supervise
- Lack of time
- Other, please specify

Do any of the following perceived roles cause you to avoid prescribing aerobic exercise of patients with neuromuscular diseases? (Check all that apply).

- Aerobic exercise is not a rehabilitation goal
- Aerobic exercise is low on the priority list
- Aerobic exercise is not a routine part of the neuromuscular rehabilitation process
- Other, please specify

Need for support to improve application of aerobic exercise

Do you need any support to improve the application of aerobic exercise in patients with neuromuscular diseases?

- Yes
- No

Do you need support with respect to any of the following areas? (Check all that apply).

- Dosing of exercise
- Evaluation procedures
- Monitoring procedures
- Screening procedures
- Not applicable
- Other, please specify

What is your preferred way of support? (Check all that apply).

- Guideline development
- E-learning
- (Online) course
- Network
- Peer support
- Not applicable
- Other, please specify