

Supplementary material 1: Topic guide

	Question	Prompts
1.	Please tell me how you have been since your operation	Pain/ day to day activities? Was this how you thought it would be? In what was is it the same/different? How does/did that make you feel?
2.	Tell me about your recovery	Was it what you expected? What do you think helped or hindered your recovery? How were your emotions affected?
3.	What is your walking like now?/ Tell me about your walking	Has it changed since the operation? What has helped you with your walking? What has stopped you from walking? What challenges do you face with your walking?
4.	Describe any rehabilitation or physiotherapy you have had	When? Where? Who with? What did it consist of? Was it helpful? Easy to understand? Were you given ant advice? What changes would you want to your rehabilitation, if any?
5.	If we were to design your ideal rehabilitation programme for yourself, what would you include?	Could literally involve anything that could be feasibility delivered When? Where? Who with? Clinician? Other patients?
6.	If you were going to go have your operation again, what do you wish you'd known or done differently?	If someone was going to have the same operation, what would you say? What would you advise them to help with their recovery?
7.	Is there anything else you'd like to share with me?	

Supplementary material 2: illustration of theme development

Refined codes	Sub-grouping of codes	Candidate theme I	Candidate theme II	Final theme	Subtheme
Continued fear of falling post-op	Diverse outcome: symptoms perception & influence on functional recovery/Walking	Diverse outcomes	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Difficulty adopting an upright posture	Diverse outcome: symptoms perception & influence on functional recovery/Walking	Diverse outcomes	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Experienced falls post-op	Diverse outcome: symptoms perception & influence on functional recovery/Walking	Diverse outcomes	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Fear of falling heightened by physical environment	Diverse outcome: symptoms perception & influence on functional recovery/Walking	Diverse outcomes	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Impact of ongoing symptoms on everyday activities	Diverse outcome: symptoms perception & influence on functional recovery/Walking	Diverse outcomes	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Ongoing physical disability: changing roles from social norms	Diverse outcome: symptoms perception & influence on functional recovery/Walking	Diverse outcomes	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Ongoing symptoms and disabilities	Diverse outcome: symptoms perception & influence on functional recovery/Walking	Diverse outcomes	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Continued poor balance post-op	Diverse outcome: symptoms perception & influence on functional recovery/Walking	Diverse outcomes	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
hope for the future	Hopes for the future	Diverse outcomes	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Optimism	Hopes for the future	Diverse outcomes	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Acceptance of outcome & ongoing symptoms	Emotional journey of recovery & acceptance/ emotional impact of marrying expectation with post-operative outcome	Expectation setting key for post-operative satisfaction	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Belief pain going to last forever	Emotional journey of recovery & acceptance/ emotional impact of marrying expectation with post-operative outcome	Expectation setting key for post-operative satisfaction	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Change in sense of self and identity	Emotional journey of recovery & acceptance/ emotional impact of marrying expectation with post-operative outcome	Expectation setting key for post-operative satisfaction	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome

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Difficulty adopting an upright posture	Diverse outcome: symptoms perception & influence on functional recovery/Walking	Diverse outcomes	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Experienced falls post-op	Diverse outcome: symptoms perception & influence on functional recovery/Walking	Diverse outcomes	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Conflicting emotions regarding outcome	Emotional journey of recovery & acceptance/ emotional impact of marrying expectation with post-operative outcome	Expectation setting key for post-operative satisfaction	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Dissatisfied and upset (disappointed) with outcome	Emotional journey of recovery & acceptance/ emotional impact of marrying expectation with post-operative outcome	Expectation setting key for post-operative satisfaction	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Emotional effort to manage symptoms	Emotional journey of recovery & acceptance/ emotional impact of marrying expectation with post-operative outcome	Expectation setting key for post-operative satisfaction	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Expectations met but wanted more	Emotional journey of recovery & acceptance/ emotional impact of marrying expectation with post-operative outcome	Expectation setting key for post-operative satisfaction	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Fear of returning to preop state	Emotional journey of recovery & acceptance/ emotional impact of marrying expectation with post-operative outcome	Expectation setting key for post-operative satisfaction	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Impact of ongoing symptoms on everyday activities: Guilt due to impact on others	Emotional journey of recovery & acceptance/ emotional impact of marrying expectation with post-operative outcome	Expectation setting key for post-operative satisfaction	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Positive emotional response to surgical outcome	Emotional journey of recovery & acceptance/ emotional impact of marrying expectation with post-operative outcome	Expectation setting key for post-operative satisfaction	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
not achieved expectations	Expectation setting key for post-operative satisfaction	Expectation setting key for post-operative satisfaction	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Outcome beyond expectations	Expectation setting key for post-operative satisfaction	Expectation setting key for post-operative satisfaction	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Attempting to make sense of perceived inadequacies in care	Feelings of being abandoned & dismissed	Expectation setting key for post-operative satisfaction	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Battling the perceived lack of aftercare	Feelings of being abandoned & dismissed	Expectation setting key for post-operative satisfaction	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Feelings of being dismissed and forgotten after surgery	Feelings of being abandoned & dismissed	Expectation setting key for post-operative satisfaction	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery

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Experienced falls post-op	Diverse outcome: symptoms perception & influence on functional recovery/Walking	Diverse outcomes	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Past experiences inform expectations	Feelings of being abandoned & dismissed	Expectation setting key for post-operative satisfaction	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Balance improved post-op	Improved symptoms & new activities possible	Expectation setting key for post-operative satisfaction	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Better function and new activities possible	Improved symptoms & new activities possible	Expectation setting key for post-operative satisfaction	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Pain response	Improved symptoms & new activities possible	Expectation setting key for post-operative satisfaction	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Challenge of accessing information	Lack of knowledge & understanding fuels uncertainty, fear and anxiety	Expectation setting key for post-operative satisfaction	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Consequences of lack of knowledge	Lack of knowledge & understanding fuels uncertainty, fear and anxiety	Expectation setting key for post-operative satisfaction	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Credible information	Lack of knowledge & understanding fuels uncertainty, fear and anxiety	Expectation setting key for post-operative satisfaction	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Pre-op education helped with expectation setting & rationalise recovery	Lack of knowledge & understanding fuels uncertainty, fear and anxiety	Expectation setting key for post-operative satisfaction	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
The need for clear post operative instructions	Lack of knowledge & understanding fuels uncertainty, fear and anxiety	Expectation setting key for post-operative satisfaction	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
The need for informative pre op education	Lack of knowledge & understanding fuels uncertainty, fear and anxiety	Expectation setting key for post-operative satisfaction	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
post-op reassurance	Need for reassurance	Expectation setting key for post-operative satisfaction	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Reassurance of medical support	Need for reassurance	Expectation setting key for post-operative satisfaction/ Social support	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Want for reassurance of medical support	Need for reassurance	Expectation setting key for post-operative satisfaction/ Social support	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery

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Want for reassurance of medical support (Perceived inadequacies in aftercare (expectations))	Need for reassurance	Expectation setting key for post-operative satisfaction/ Social support	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Beneficial effect of knowing going to talk to someone	Important role of social support	Important role of social support	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
HCP communication can negatively affect pt beliefs & expectations	The important role of social support	Important role of social support	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Lack of support from family perceived as unhelpful to recovery	The important role of social support	Important role of social support	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Social (family) support provide reminders and support for rehabilitation	The important role of social support	Important role of social support	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Social support (family and friends) recognise improvement which increases motivation	The important role of social support	Important role of social support	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Social support enable positive recovery period	The important role of social support	Important role of social support	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Supervision from HCP increases motivation to exercise	The important role of social support	Important role of social support	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Beliefs about post-op restrictions	Back pain myths perpetuate after surgery	The coherence of the biomedical model	The coherence of the biomedical model	Making sense of recovery through a biomedical model of illness	
Belief about waiting time on treatment response	Belief in medical model	The coherence of the biomedical model	The coherence of the biomedical model	Making sense of recovery through a biomedical model of illness	
Belief in the biomedical value of surgery	Belief in medical model	The coherence of the biomedical model	The coherence of the biomedical model	Making sense of recovery through a biomedical model of illness	
Belief LSS due to past activity	Back pain myths perpetuate after surgery	The coherence of the biomedical model Biomedical model dominant	The coherence of the biomedical model	Making sense of recovery through a biomedical model of illness	
Belief about the benefit of exercise on mood	Belief in the beneficial effect of exercise	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	

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Beliefs about importance of post-op exercises and physical activity	Belief in the beneficial effect of exercise	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Strengthening perceived to be important for recovery	Belief in the beneficial effect of exercise	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Swimming perceived as an excellent exercise for recovery	Belief in the beneficial effect of exercise	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Weakness perceived to be cause of ongoing problems	Belief in the beneficial effect of exercise	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Belief climbing stairs is a good exercise & will help recovery	Experience of post-operative exercise	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
beneficial effect of having an exercise routine	Experience of post-operative exercise	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Exercises can be inconvenient but worthwhile	Experience of post-operative exercise	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Increasing fitness instrumental to walking recovery	Experience of post-operative exercise	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Music an enabler to do exercise	Experience of post-operative exercise	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
challenging impractical post operative restrictions	Inconsistent experience of rehabilitation	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Format, timing & accessibility of post-op physio matters	Inconsistent experience of rehabilitation	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Inconsistent advice provided on how to increase post-op walking	Inconsistent experience of rehabilitation	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Inconsistent experience of post-op exercises	Inconsistent experience of rehabilitation	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Inconsistent provision of post-op physio	Inconsistent experience of rehabilitation	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
No structured programme or routine to increase walking	Inconsistent experience of rehabilitation	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	

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Physiotherapy treatment was exercise	Inconsistent experience of rehabilitation	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Provision of comprehensive physio assessment	Inconsistent experience of rehabilitation	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Competing demands	Perception of the value of rehabilitation & physiotherapy	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Perceived value of rehabilitation	Perception of the value of rehabilitation & physiotherapy	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Perception that nothing can help balance	Perception of the value of rehabilitation & physiotherapy	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Perception that physio is exercise	Perception of the value of rehabilitation & physiotherapy	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Questioning benefit of rehabilitation	Perception of the value of rehabilitation & physiotherapy	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Understanding of rehabilitation	Perception of the value of rehabilitation & physiotherapy	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Comorbidities complicates rehabilitation	The complexity of recovery & rehabilitation	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Rate of recovery: Belief age impacts recovery time and outcome	The complexity of recovery & rehabilitation	The complexity of recovery & rehabilitation	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Wound management complicates rehabilitation	The complexity of recovery & rehabilitation	The complexity of recovery & rehabilitation	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Graded increase of walking	Experiences from a positive walking recovery journey	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	The mismatch between expectation and recovery	The unanticipated burden of recovery
Initiation of walking recovery	Experiences from a positive walking recovery journey	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	The mismatch between expectation and recovery	The unanticipated burden of recovery
Testing walking ability	Experiences from a positive walking recovery journey	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	The mismatch between expectation and recovery	The unanticipated burden of recovery
the role of pacing	Experiences from a positive walking recovery journey	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	The mismatch between expectation and recovery	The unanticipated burden of recovery

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Experienced falls post-op	Diverse outcome: symptoms perception & influence on functional recovery/Walking	Diverse outcomes	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Walking slowly helps with endurance	Experiences from a positive walking recovery journey	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	The mismatch between expectation and recovery	The unanticipated burden of recovery
Distraction as a coping mechanism in recovery	Motivational aids & enablers of walking recovery	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	The mismatch between expectation and recovery	The unanticipated burden of recovery
getting out and about to get a positive mindset	Motivational aids & enablers of walking recovery	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	The mismatch between expectation and recovery	The unanticipated burden of recovery
Goals provide motivation to recover	Motivational aids & enablers of walking recovery	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	The mismatch between expectation and recovery	The unanticipated burden of recovery
Recognising success aids motivation	Motivational aids & enablers of walking recovery	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	The mismatch between expectation and recovery	The unanticipated burden of recovery
Recovery anxiety management	Motivational aids & enablers of walking recovery	The experience of the walking recovery journey	The burden of the recovery journey	The mismatch between expectation and recovery	The mismatch between expectation and recovery
Reducing analgesia as a marker of rehabilitation progress	Motivational aids & enablers of walking recovery	The experience of the walking recovery journey	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Use of smart watch helped monitor and increase distance	Motivational aids & enablers of walking recovery	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	The mismatch between expectation and recovery	The unanticipated burden of recovery
Value of walking aid: Progression off walking aid seen as a marker of improvement	Motivational aids & enablers of walking recovery	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Negative consequences of analgesia	The challenge of acceptable analgesia	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	The mismatch between expectation and recovery	The unanticipated burden of recovery
Seeking alternatives of analgesia	The challenge of acceptable analgesia	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	The mismatch between expectation and recovery	The unanticipated burden of recovery
Seeking increased analgesia	The challenge of acceptable analgesia	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	The mismatch between expectation and recovery	The unanticipated burden of recovery
Commitment (belief) to self-management	The necessity for a drive for recovery	The experience of the walking recovery journey	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Motivational barriers to walking	The necessity for a drive for recovery	The experience of the walking recovery journey	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
rate of recovery and rehabilitation	Unexpected slow and painful recovery and walking restoration	The experience of the walking recovery journey	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery

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Difficulty adopting an upright posture	Diverse outcome: symptoms perception & influence on functional recovery/Walking	Diverse outcomes	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Experienced falls post-op	Diverse outcome: symptoms perception & influence on functional recovery/Walking	Diverse outcomes	The dissonance between expectations and outcome	The mismatch between expectation and recovery	Hope versus reality: expectations of the ultimate outcome
Rate of recovery: Initial recovery smooth and uneventful	Unexpected slow and painful recovery and walking restoration	The experience of the walking recovery journey	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Rate of recovery: Recovery challenging	Unexpected slow and painful recovery and walking restoration	The experience of the walking recovery journey	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Rate of recovery: Recovery is very slow	Unexpected slow and painful recovery and walking restoration	The experience of the walking recovery journey	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Rate of recovery: Recovery plateaued after initial improvement	Unexpected slow and painful recovery and walking restoration	The experience of the walking recovery journey	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Rate of recovery: Some days better than others	Unexpected slow and painful recovery and walking restoration	The experience of the walking recovery journey	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery
Value of walking aid: Don't want to accept a walking aid	Value of a walking aid	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Value of walking aid: Leaning on a trolley continues to help with walking	Value of a walking aid	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Value of walking aid: Walking aids add complexity to walking	Value of a walking aid	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Value of walking aid: Walking aids help with recovery of walking	Value of a walking aid	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	One size doesn't fit all: the need for tailored rehabilitation	
Good days & bad days due to boom & bust approach. Affected motivation to continue	Barriers to walking	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	The mismatch between expectation and recovery	The unanticipated burden of recovery
Heaviness and weight makes walking harder	Barriers to walking	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	The mismatch between expectation and recovery	The unanticipated burden of recovery
Tiredness rather than pain restricts walking	Barriers to walking	The experience of the walking recovery journey	The complexity of walking recovery and rehabilitation	The mismatch between expectation and recovery	The unanticipated burden of recovery
Walking outside more challenging	Barriers to walking	The experience of the walking recovery journey	The burden of the recovery journey	The mismatch between expectation and recovery	The unanticipated burden of recovery