





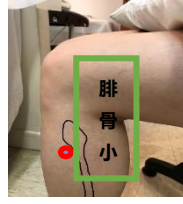
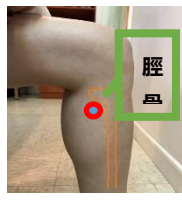


Appendix 1: The WARM protocol adopted in self-administered acupressure group<sup>a</sup>

Components	Duration	Instruction
Warm-up	2 minutes	To use one claw-shaped hand to squeeze then move along the front thigh (i.e., quadriceps where meridians liver, spleen, stomach, and gallbladder locate).
Acupressure	10 minutes	To use fingers to press down the acupoints briskly then release with moderate pressure, and do so repetitively for about 1 minute, for each acupoint (ST34, ST35, ST36, SP9, SP10, GB34, EX-LE2, and EX-LE4). <sup>a</sup>
		<p>Location of acupoints</p>     <p>鶴頂穴 EX-LE2      犢鼻穴 ST35      內膝眼穴 EX-LE4      足三里穴 ST36</p>     <p>梁丘穴 ST34      血海穴 SP10      陽陵泉穴 GB34      陰陵泉穴 SP9</p>
Rubbing the kneecap	2 minutes	To use one palm to cover the kneecap with the assistance of fingers to lift the kneecap lightly, and to move the palm gently in a small circle.
Moving the knee	2 minutes	To extend and rotate the legs when participants sat on a chair with their legs hanging and holding their thighs bilaterally with their hands.

<sup>a</sup>The protocol is to be performed on painful knee(s).

Appendix 2: Use of knee osteoarthritis self-care strategies recommended for the Knee Health Education group (n = 18)

Self-care strategies	Compliance throughout the 6-week study course <sup>a</sup>
Minimize weight bearing of knee joint. For the obese, reduce weight.	74.87%
Avoid carrying heavy objects. Use a trolley.	5.82%
Avoid prolonged standing or walking. Use walking aid if required.	75.53%
Avoid putting the knee joint in one position for a long time, e.g., sitting on low stool or squatting.	82.67%
Ensure proper balance between work and rest. Watch out for and be mindful of joint pain.	93.65%
Appropriate knee exercises and thigh muscle strengthening exercises can protect the knee joint. Consult a doctor or physiotherapist for advice.	70.50%

Reference: Elderly Health Service. Osteoarthritis of Knee: Department of Health Hong Kong Government; 2018 [Available from: [http://www.elderly.gov.hk/english/about\\_us/background.html](http://www.elderly.gov.hk/english/about_us/background.html) accessed 4th Oct 2018].

<sup>a</sup>Calculated by averaging the number of days involving use of the captioned strategy, divided by the total number of days in the study period of the sample