

Supplementary List 1. List of Questions for the Interview

1. How do you feel about your health today? (bad, moderate, good, very good)
2. Have you returned to your usual activities? (yes, no, partial)
3. Do you have any arm movement limitations? (yes, no)
4. When do you think is the best time to receive the instruction? (Before surgery, before discharge, after discharge at physical therapy clinic).
5. Did you read the instructions? (yes, no)
6. When did you read the instructions? (before surgery, after surgery)
7. What do you think about the clarity of the instruction? (clear, not clear enough, not clear)
8. What do you think about the wording of the instruction? (clear, not clear enough, not clear)
9. Did you follow the instruction recommendation? (yes, partially, not)
10. If you did not, please describe what prevented you following the instruction?
11. How helpful was the instruction? (very helpful, helpful, not helpful)
12. Have you received guidance in addition to the written instruction? (yes, no)
13. If you received additional guidance, who provided it? (Physical therapist, nurse, doctor, other)
14. Would you recommend other women after breast cancer surgery to use this instruction? (yes, no)
15. If you choose not to recommend the instruction, can you explain why?
16. Did you do regular physical activity before surgery? (Yes / No)
17. If yes, describe what type of exercise and how often and for how long you would exercise.
18. Is there anything else you would like to tell us about your experience using the instruction? (Yes / No)
19. If yes please share this information with us.

Supplementary Table 1. Patients Answers to Open Ended Questions

Questions	Patient	Answers
When do you think is the best time to receive instruction	1	Pre-surgery because there are instructions that should be carried out immediately on the first day after surgery. There is important information that should be provided before the operation
	2	For women like me who are terribly stressed, instruction should be given before surgery. It is also important to talk about the instruction, before discharge, rather than just provide it. I could easily have forgotten about the booklet without a reminder. A physiotherapist should have come but did not. The surgeon released me and that was it. How can this be? It doesn't make sense. Especially as there is so much awareness about breast cancer.
	3	In my opinion, before surgery. My level of anxiety was low, I had previous experience with my family, so I was not very anxious and that's why I read the instruction I was given before the operation. It is more effective to read before so you know when to start exercise and to know what awaits you after surgery. I was very interested to read about getting back to movement and so the instruction was very important to me.
	4	I think that before the surgery is best. So one will know what to expect.
	5	Before the operation is best. So one will know what to do afterwards.
	6	Before surgery is best. I think that long before the surgery one should get the exercise instruction in order to prepare.
	7	It is not important when you receive the instruction, what matters is what you do with the information.
	8	After surgery is best. On Fridays, there are no doctors' rounds, no social worker or doctor available. I don't think this is the way to treat a patient after surgery. I felt as if I had been thrown out. After discharge, I had to go to the HMO to get answers to my questions.
	9	It is better to read and prepare before the operation; to be prepared.
What do you think about the clarity of the instructions	1	I read all the instruction pages, the pictures are very nice, easy to understand and illustrate the exercises well. The presentation itself is very nice, very pleasing to the eye. Very helpful for those who need to read it. Arranged in with bullet points about what to do at each step, easy for people to follow the instructions
	2	Very clear instruction, no problem with that.
	3	Very good. Very simple and effective. I still have the booklet next to the TV, I look at it from time to time and do the exercises. I think it is excellent.
	4	The explanation is clear, especially for those who have done physical activity before (like me). The exercises are suitable for anyone who can lie on the floor.
	5	It was clear, just fine.
	6	I am doing so many tests there is so much that needs to be read. The head sometimes doesn't work anymore, it's very difficult after surgery. But the instructions are totally clear.
	7	It was clear.
	8	It is difficult to do the exercises required one day after surgery. Certainly not these exercises. The area is very sensitive. Sport and I are not friends. In order to do an exercise, I need to check if I can do it. The explanations were not appropriate, I was in too much pain.
	9	The instructions were clear.

Personal progress	1	The instruction sheets were very helpful, even for me as a professional. In a time like this the instruction was very helpful. I constantly worked on breathing exercises, and on performing the other exercises and instructions given. I can see that this is very thorough instruction. The instruction sheets helped me understand what was normal movement and what was not, for my arm. Feels like I'm almost back to myself.
	2	I just made sure every time to see that I was at the right pace, and the range of motion adjusted according to your booklet. I have no movement limitation at the moment.
	6	I do what I can, not less than necessary or putting it off till the next day. I am trying to embrace my arm in a good way, and hope that I won't suffer pain. I'm afraid of pain.
	7	This (the instruction?) was really effective and as soon as I felt that the hand was returning to normal function I stopped using it.
	9	It fits, but not 100%, I still have pain and it's hard to do all the exercises.
Additional Comments	1	(The patient is a nurse working in plastic surgery). It would be better to have versions for different reconstruction surgeries as well as mastectomy and lumpectomy. It may be useful to combine the instruction with that provided by nurses, to reduce the number of instruction sheets and to avoid duplication.
	2	I understand that this is a physical therapy booklet. But maybe you will work with nurses and add the instruction that I did not receive from the nurse before surgery. For example, what to bring to the hospital before surgery. Additional instruction after radiation is needed.
	3	It is very good to get the booklet separately. Making a booklet out of the instruction sheets is my recommendation. From my experience during the Covid-19 virus lockdowns, doing lessons through the computer and the TV caused me neck discomfort. Some people my age prefer printed materials. When I lie on the mattress to exercise using the booklet I don't have to raise my head to look at the computer screen.
	6	I want to know where to do physiotherapy. I want professional advice. Physiotherapy is very important to me. Now it's still fresh, but I'm afraid that the hand won't function like the right hand. We have to do physiotherapy, which causes pain, like tight muscles. There is a change in the hand, I believe that with exercises it will be released. I need someone to guide me at least once a week.