A priori criteria

Outcome	A priori criteria		
	Proceed	Proceed with protocol amendments	Significant amendments required
Recruitment	Recruitment of 30 participants with knee OA within 9 months	Recruitment of 30 participants with OA within 9-12 months	30 participants with OA are not recruited within 12 months
Retention	At least 75% retention of participants followed up at 12 weeks	At least 50% retention of participants followed up at 12 weeks	Less than 55% retention of participants followed up at 12 weeks
Compliance to exercise programme	More than 80% report to perform the exercises as suggested by the app	More than 50% report to perform the exercises as suggested by the app	Less than 80% report to perform the exercises as suggested by the app
Improvement in function	At least 50% of the participants report an improvement in function	At least 25% of the participants report an improvement in function	Less than 25% of the participants report an improvement in function
Adverse events	No serious care-related adverse events during follow up	Less than five serious care-related adverse events during follow up	Five or more serious care-related adverse events during follow up