

Supplementary Table S1. Global quality scale

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| 1. Poor quality, poor flow, most information missing, not helpful for patients |
| 2. Generally poor, some information given but of limited use to patients |
| 3. Moderate quality, some important information is adequately discussed |
| 4. Good quality good flow, most relevant information is covered, useful for patients |
| 5. Excellent quality and excellent flow, very useful for patients |
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Supplementary Table S2. DISCERN reliability tool

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| 1. Is the video clear, concise, and understandable? |
| 2. Are valid sources cited? (from valid studies, physiatrists, or physicians) |
| 3. Is the information provided balanced and unbiased? |
| 4. Are additional sources of information listed for patient reference? |
| 5. Does the video address areas of controversy/uncertainty? |
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