Supplementary material:

**Supplementary Table 1. Divergences during the translation process and proposed solutions by the expert committee for the pre-final version.**

|  |  |  |  |
| --- | --- | --- | --- |
| Original Item | Divergences | Proposed solutions | Expert committee decision: Pre-Final version |
| 3. Bending your back is good for it | Different translations proposed for the words “is good” (“*faz bem*” or “*é bom*”) and “it” (“*ela*” or “*as costas*”). | “*faz bem*”  and  “*as costas*” | *“Curvar as suas costas faz bem para as costas”* |
| 5. Lifting without bending the knees is not safe for your back | Different translations proposed for the word “lifting”; “*fazer levantamento*”, “*levantar algo do chão*”. | *“Levantar um objeto do chão”* | *“Levantar um objeto do chão, sem dobrar os joelhos, não é seguro para a costas”* |
| 9. If you overuse your back, it will wear out | Different translations proposed for the word “it”: “*elas*” or “*as suas costas*” | “*elas*” | *“Se você usar suas costas em excesso, elas vão desgastar”* |
| 20. It is hard to understand what back pain is like if you have never had it yourself | Different translations proposed for the words “had it yourself”; “*sentiu*”, “*teve*”, “*experenciou dor nas costas*”. | “*sentiu dor nas costas*” | *“É difícil de entender o que é dor nas costas se você nunca sentiu dor nas costas”* |