**PEAK Study outline of each of the five consultations:**

| | **Initial consultation (45 mins)- WEEK 1** | **Consultation 2 (30 mins)- WEEK 2** | **Consultation 3 (30 mins)- WEEK 4** | **Consultation 4 (30 mins)- WEEK 7** | **Consultation 5 (30 mins)- WEEK 10** |
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| **Assessment** | 15 mins<br>Introduction and setting expectations.<br>Review pre-consult survey- choose some questions for future reassessment.<br>Subjective info as relevant.<br>Functional observation: walking, squatting, sit to stand, single leg standing balance, anything else as relevant. | 5 mins<br>Checking in….<br>- changes in knee pain<br>- how they have managed with strengthening exercises<br>- comments/questions arising from discussions last time. | 5 mins<br>Checking in….<br>- changes in knee pain<br>-how they have managed with overall program<br>- comments/questions arising from discussions last time.<br>Reassess any questions identified from the pre-consult survey.<br>- Re-assess sit to stand and any other functional tasks as required. | 5 mins<br>Checking in….<br>- changes in knee pain<br>-how they have managed with overall program<br>- comments/questions arising from discussions last time. | 5 mins<br>Checking in….<br>- changes in knee pain<br>-how they have managed with overall program<br>- comments/questions arising from discussions last time.<br>- Reassess any questions identified from the pre-consult survey.<br>- Re-assess sit to stand and any other functional tasks as required.<br>- Check progress with goals from pre-consult survey. |
| **Education** | 10 mins<br>Understanding OA (pg 3 OA Book).<br>Benefits of exercise/physical activity (pg 4 & 5 OA Book). | | | | |
| **Strengthening exercises** | 15 mins<br>Choose a program of 3 exercises from booklet (1 quads; 1 hip/gluteal; 1 hams/gluteal)<br>Prescribe variation (if necessary), sets/reps and theraband colour for each.<br>Watch patient perform one set of each exercise & ensure they are working at hard to very hard (pg 5 Exercise Book).<br>Discuss exercising with pain/flare-ups (pg 6 Exercise Book).<br>Instruct use of Log Book. | 10 mins<br>Review progress.<br>Check adherence in Log Book.<br>- Congratulate adherence.<br>- Discuss reasons for non-adherence & troubleshoot (pg 7-8 OA Book).<br>Review current exercises & modify/progress as required & add 2-3 more to program (max 6 in total; 2 quads; 1 hip/gluteal; 1 hams/gluteal; 1 calf; 1 optional extra).<br>Watch patient perform one set of each new exercise & ensure they are working hard to very hard (pg 5 Exercise Book). | 10-15 mins<br>Review progress.<br>Check adherence in Log Book.<br>- Congratulate adherence.<br>- Discuss reasons for non-adherence & troubleshoot (pg 7-8 OA Book).<br>Review current exercises & modify/progress as required.<br>Watch patient perform one set of any new exercises & ensure they are working hard to very hard (pg 5 Exercise Book). | 10-15 mins<br>Review progress.<br>Check adherence in Log Book.<br>- Congratulate adherence.<br>- Discuss reasons for non-adherence & troubleshoot (pg 7-8 OA Book).<br>Review current exercises & modify/progress as required.<br>Watch patient perform one set of any new exercises & ensure they are working hard to very hard (pg 5 Exercise Book). | 15 mins<br>Review progress.<br>Check adherence in Log Book.<br>- Congratulate adherence.<br>- Discuss reasons for non-adherence & troubleshoot (pg 7-8 OA Book).<br>Review current exercises & modify/progress as required.<br>Watch patient perform one set of any new exercises & ensure they are working hard to very hard (pg 5 Exercise Book).<br>Check patient knows how to change/progress their program in the future - pg 5 of the Exercise Book.<br>Advise patient to continue exercise program in the future. |

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| **Education** | | 5 mins<br>Focus on-<br>Physical activity (pg 6 OA Booklet)<br>Activity pacing (pg 9 OA Booklet) | | | |
| **Physical activity** | 5 mins<br>If patient has an activity tracker, encourage them to set it up and:<br>- ask patient to wear/use activity tracker every day for next week and record daily steps as a baseline for developing a daily step goal at the next visit.<br>-Instruct use of Log Book for recording daily steps<br>- All patients: ask them to note/remember the type/amount of physical activity they undertake over the next week. | 10 mins<br>If relevant, review daily step count recorded in Log Book.<br>- If patient has an activity tracker, set daily step goal (may be maintain or increase from baseline).<br>- Agree on physical activity plan to achieve steps and/or increase/maintain amount/intensity of activity (if no activity tracker).<br>- Ask patient to identify potential barriers & plan strategies for overcoming them (pg 7-8 OA Booklet). | 5-10 mins<br>If relevant, review daily step count recorded in Log Book.<br>Review progress with physical activity plan.<br>- Congratulate adherence.<br>- Discuss reasons for non-adherence & troubleshoot (pg 7-8 OA Info Booklet).<br>If patient has an activity tracker, set daily step goal for coming weeks (may be to maintain or increase from previous weeks).<br>Agree on physical activity plan to achieve step goal and/or increase/maintain amount/intensity of activity (if no activity tracker) | 5-10 mins<br>If relevant, review daily step count recorded in Log Book.<br>Review progress with physical activity plan.<br>- Congratulate adherence.<br>- Discuss reasons for non-adherence & troubleshoot (pg 7-8 OA Info Booklet).<br>If patient has an activity tracker, set daily step goal for coming weeks (may be to maintain or increase from previous weeks).<br>Agree on physical activity plan to achieve step goal and/or increase/maintain amount/intensity of activity (if no activity tracker). | 5 mins<br>If relevant, review daily step count recorded in Log Book.<br>Review progress with physical activity plan.<br>- Congratulate adherence.<br>- Discuss reasons for non-adherence & troubleshoot (pg 7-8 OA Book).<br>Set an ongoing physical activity plan that patient can manage in daily life (may/may not include step goals & use of activity tracker based on patient choice).<br>Check patient knows how to change/progress their program as required (pg 6 OA Info Book).<br>Advise patient to continue physical activity into the future. |
| **Education** | | | 5 mins<br>Focus on-<br>Understanding & managing your pain (pg 13-suggested strategies pg 14-19 OA Booklet) | 5 mins<br>Focus on-<br>Weight loss for OA (relevant for all patients, even those of healthy body weight, pg 10-12 OA Booklet) | 5 mins<br>Dealing with lapses & set-backs (pg 7 Exercise Book)<br>Encourage ongoing use of Log Book and activity tracker if relevant. |
| **Homework** | Prior to next consult, read:<br>Physical activity (pg 6 OA Book).<br>Activity pacing (pg 9 OA Book). | Prior to next consult, read:<br>Barriers to exercise and physical activity (pg 7-8 OA Book).<br>Understanding & managing pain (pg 13, suggested strategies pg 14-19 OA Book). | Prior to next consult, read:<br>Weight loss for OA- if appropriate for the individual (pg 10-12 OA Book). | Prior to next consult, read:<br>Modifying your exercise program (pg 5 Exercise Book).<br>Dealing with lapses & set-backs (pg 7 Exercise Book). | Encourage reading of:<br>Success stories (pg 20-21 OA Book). |

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