

### Assess

- ◆ Assess participant as per normal practice (all sessions)
- ◆ Objective leg muscle strength assessment (follow-up sessions)
- ◆ Balance assessment (follow-up sessions)



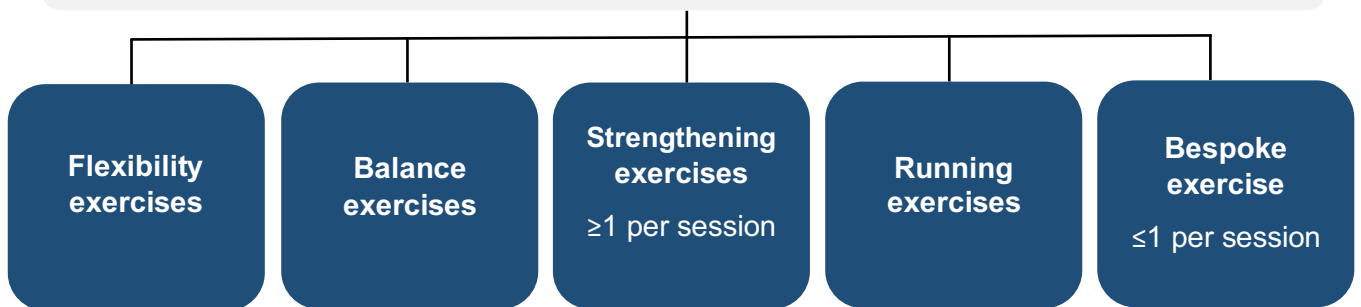
### Provide advice

- ◆ From section 1 in workbook/website:
  - Pain & swelling management (session 1)
  - Increasing/returning to activity (all sessions)
  - Role of exercise in recovery (session 1)
- ◆ Removal of knee brace/splint (session 1 if relevant)
- ◆ Provide “keeping your knee healthy” advice (last session)
- ◆ Any other workbook section(s) and individually tailored advice (all sessions if relevant)



### Prescribe exercise programme

- ◆ Max 5 exercises per session (all sessions)



### Implement behaviour change strategies

- ◆ Participant practices exercise and you give feedback (all sessions)
- ◆ Help participant complete exercise planner (session 1, redo at follow-up sessions only if exercise adherence is low)
- ◆ Help participant set long-term and short-term activity-based goal(s) (session 1, review at follow-up session and amend if needed)
- ◆ Introduce exercise diary and explain how to complete it (session 1)



### Review at next treatment session or discharge if:

- ◆ 6 treatment sessions provided; or 4 or 5 sessions provided and participant has achieved their activity-based goals and is self-managing effectively