

### Assess

- ◆ Assess participant as per normal practice



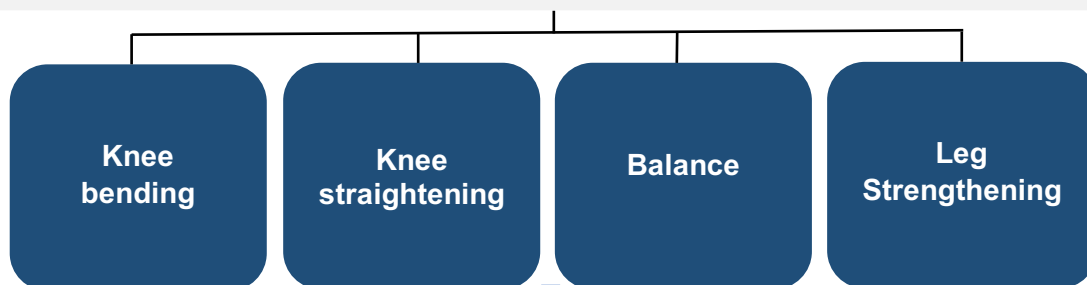
### Provide advice

- ◆ From section 1 in workbook/website:
  - Pain & swelling management
  - Increasing/returning to activity
  - Role of exercise in recovery
- ◆ Removal of knee brace/splint (if relevant)
- ◆ Any other workbook/website section(s) and individually tailored advice (if relevant)



### Prescribe exercise programme

- ◆ Choose 1 starting exercise level in each category
- ◆ Emphasise importance of exercise adherence
- ◆ Emphasise importance of exercise progression and explain how to do this



### Implement strategies to support exercise adherence

- ◆ Participant practices each exercise and you give feedback
- ◆ Help participant complete exercise planner
- ◆ Help participant set long-term and short-term activity-based goal(s)
- ◆ Introduce exercise diary and explain how to complete it



### Provide advice

- ◆ Return to sport (if relevant) in section 2 of the workbook



### Discharge Participant

- ◆ To self-manage recovery using the workbook/website
- ◆ 1 additional phone/video/face-to-face session is allowed **only if initiated by the participant (or parent/guardian)**