

PEAK Session Plan Outline / Example:

| | WEEK 1 | WEEK 2 | WEEK 4 | WEEK 7 | WEEK 10 -12 |
|--------------------------|--|--|--|---|--|
| | Initial Consult (60 minutes) | Consultation 2 (45 minutes) | Consultation 3 (45 minutes) | Consultation 4 (45 minutes) | Final Consultation 5 (45 minutes) |
| ASSESSMENT | Complete assessment 1. Go over pre-consultation questionnaire 2. Review goal setting 3. Physical assessment | Reassessment Review of knee pain Discuss any issues with exercises | Reassessment Review of knee pain Discuss any issues with exercises | Reassessment Review of knee pain Discuss any issues with exercises | Reassessment Review of knee pain Discuss any issues with exercises Review goal setting Repeat Physical assessment |
| EDUCATION | Education about osteoarthritis, suitable pain levels and benefits of physical activity | Physical activity ideas and activity pacing | Understand and managing your pain | Weight loss and osteoarthritis | Review of all education concepts Managing lapses and setbacks |
| EXERCISE | Complete Exercises Selection of 3 exercises only as directed by physiotherapist | Review Exercises Progress and check adherence Progress and modify exercises Maximum of 6 exercises only | Review Exercises Progress and check adherence View the watching of each exercise only Progress and modify exercises as required | Review Exercises Progress and check adherence Progress and modify exercises as required | Review Exercises Progress and check adherence View the watching of each exercise only Progress and modify exercises as required Check you know how to progress/modify program in the future Ideas to maintain exercises for long term |
| PHYSICAL ACTIVITY | Complete physical activity plan | Review physical activity plan | Review physical activity plan | Review physical activity plan | Set up ongoing physical activity plan for future |