

# PEAK PROGRAM SESSION GUIDE



|                          | WEEK 1  | WEEK 2   | WEEK 4   | WEEK 7  | WEEK 10 -12  |
|--------------------------|---|--|--|---|--|
|                          | <b>Initial Consult (60 minutes)</b>   | <b>Consultation 2 (45 minutes)</b>   | <b>Consultation 3 (45 minutes)</b>   | <b>Consultation 4 (45 minutes)</b>  | <b>Final Consultation 5 (45 minutes)</b>   |
| <b>ASSESSMENT</b>        | Complete assessment <ol style="list-style-type: none"> <li>1. Go over pre-consultation questionnaire</li> <li>2. Review goal setting</li> <li>3. Physical assessment</li> </ol> | Reassessment<br>Review of knee pain<br>Discuss any issues with exercises   | Reassessment<br>Review of knee pain<br>Discuss any issues with exercises   | Reassessment<br>Review of knee pain<br>Discuss any issues with exercises                              | Reassessment<br>Review of knee pain<br>Discuss any issues with exercises<br>Review goal setting<br>Repeat Physical assessment  |
| <b>EDUCATION</b>         | 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<br>Managing lapses and setbacks   |
| <b>EXERCISE</b>          | Complete Exercises<br><br>Selection of 3 exercises only as directed by physiotherapist  | Review Exercises<br><br>Progress and check adherence<br><br>Progress and modify exercises<br><br>Maximum of 6 exercises only | Review Exercises<br><br>Progress and check adherence<br><br>View the watching of each exercise only<br><br>Progress and modify exercises as required | Review Exercises<br><br>Progress and check adherence<br><br>Progress and modify exercises as required | Review Exercises<br>Progress and check adherence<br>View the watching of each exercise only<br>Progress and modify exercises as required<br>Check you know how to progress/modify program in the future<br>Ideas to maintain exercises for long term |
| <b>PHYSICAL ACTIVITY</b> | Complete physical activity plan   | Review physical activity plan  | Review physical activity plan  | Review physical activity plan   | Set up ongoing physical activity plan for future   |