## Joint Action Counseling Algorithm

<table>
<thead>
<tr>
<th>Pre-TKR Surgery (session number and time)</th>
<th>Post-TKR Surgery (session number and time)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>6-10 (weekly)</td>
</tr>
<tr>
<td>2, 3</td>
<td>11, 12 (bimonthly)</td>
</tr>
<tr>
<td>-2 to -4 weeks</td>
<td>-1 to -4 weeks</td>
</tr>
<tr>
<td>-1 to -2 weeks</td>
<td>+1 to +5 weeks</td>
</tr>
<tr>
<td>Evening before surgery</td>
<td>+7 weeks and +9 weeks</td>
</tr>
</tbody>
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### Counseling Steps:

1. **Agenda**
   - Rapport; Patient questions and concerns

2. **Assess**
   - Motivations and goals
   - Knowledge
   - Support
   - Communication
   - History of PA, PT, self-efficacy
   - Expectations
   - Stressors
   - Logistics
   - Progress
   - Self-efficacy & challenges
   - Planning
   - Psychosocial needs
   - Social and other support
   - Goal attainment
   - Surgery preparation
   - Psychosocial needs
   - Social and other support
   - Goal attainment
   - Pain level and control
   - PT progress
   - Discharge plan
   - Psychosocial and other support
   - Adherence to PT
   - Goal attainment
   - Self-efficacy & challenges to goal attainment
   - Psychosocial, social and other support
   - Comparison on progress to original goals of surgery

3. **Advise**
   - Personalized advice regarding: PT and PA; Communicating with providers

4. **Assist**
   - Information, clarify misinformation
   - Outcome beliefs
   - Support resources
   - Goal setting
   - Problem-solve anticipated challenges
   - Information
   - Outcome beliefs
   - Self-efficacy for PA and PT
   - Goal setting
   - Problem-solve anticipated challenges
   - Pain and stress management
   - Social support
   - Self-efficacy for PA and PT goals
   - Goal setting
   - Problem-solve anticipated challenges
   - Pain and stress management
   - Self-efficacy
   - Use of resources and social support
   - Goal setting
   - Problem-solve anticipated challenges
   - Problem-solve challenges to adherence
   - Self-efficacy
   - Social support and available support resources
   - Address misinformation and outcome expectations as needed
   - Goal setting
   - Problem-solve anticipated challenges

5. **Arrange**
   - Next call
   - Visit
   - Next call

Relevant handouts mailed after call

PA=Physical activity; PT=Physical therapy