QUT Wound Clinic RDNS or Bundall Medical Clinic

- Approach participants (QUT) OR Invitation letter & follow up phone call (RDNS)
- Gain informed consent

**Baseline meeting**
- VaLUE Questionnaire
- Physical function assessment (Tinetti & ankle ROM)
- Generic activity information given
- Collect wound data

Randomise

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**Intervention Group**
- Participants will receive ‘exercise pack’ & researcher will demonstrate exercises

Week 1
- Phone call – goal setting session

Week 2
- Phone call – coaching session

(Week 2: Nurses to collect wound data)

Week 4
- Phone call – coaching session

(Week 4: Nurses to collect wound data)

Week 6
- Phone call – coaching session

(Week 6: Nurses to collect wound data)

Week 8
- Phone call – coaching session

(Week 8: Nurses to collect wound data)

(Week 10: Nurses to collect wound data)

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**Control Group**
- Pedometer and step calendar and given

Week 1
- Phone call – collect pedometer data

Week 2
- Phone call – collect pedometer data

Week 4
- Phone call – collect pedometer data

Week 6
- Phone call – collect pedometer data

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**Post 12 week meeting**
- Physical function assessment
  - Tinetti & ankle ROM
- Collect VaLUE questionnaire
- Wound data collected