### Step 1: Development of concrete proposal/targets for improvement or change
- Development of guidelines, emphasizing their clinical usefulness by making them specific, brief, and relevant to the primary care physical therapy setting.

### Step 2: Analysis of performance, target group and setting
- Baseline measurement/cross-sectional survey with identification of barriers and analysis of determinants of guideline use.

### Step 3: Development/selection of strategies and measures to change practice
- Linking identified determinants of guideline use to intervention components.

### Step 4: Development, testing and execution of implementation plan: activities, task, timetable
- Planning, preparation and execution of implementation activities (seminars, guideline website, etc.).

### Step 5: Evaluation and (where necessary) adapting plan
- Follow-up measurement.

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**Adaptation to our project**

- Step 1: Development of guidelines, emphasizing their clinical usefulness by making them specific, brief, and relevant to the primary care physical therapy setting.
- Step 2: Baseline measurement/cross-sectional survey with identification of barriers and analysis of determinants of guideline use.
- Step 3: Linking identified determinants of guideline use to intervention components.
- Step 4: Planning, preparation and execution of implementation activities (seminars, guideline website, etc.).
- Step 5: Follow-up measurement.