

HOPE PROGRAMME PHYSIOTHERAPIST TIMELINE

Week 1

PT home visit 1. Give and explain the manual to the participant. Educate the participant about the proposed benefit of each exercise and jointly set realistic goals. Teach and demonstrate the exercises to the participant, observe the participant practicing the exercises, ensure correct technique and give feedback.

Week 2

PT home visit 2. Reinforce the proposed benefit of each exercise, observe the participant practicing the exercises, ensure correct technique, give feedback and answer any questions.
Progress to 10 repetitions if coping well.

Week 3

Phone call. Enquire about any difficulties with the exercises and discuss potential solutions. Remind the participant to complete the exercise diary, give feedback and answer any questions.
Progress to 10 repetitions if coping well.

Week 4

PT home visit 3. Conduct a home visit and assess for progression by following the flowchart below. Progression depends on how the participant is coping with the HOPE programme.

Participant is just coping or is finding the exercises hard

Continue with given programme

Participant is coping well/finding exercises easy but needs reminding of techniques

Increase the number of repetitions of each exercise to 15

Participant is coping well/finding exercises easy and demonstrates exercises well

Teach progression exercises

Weeks 5&6

Phone call. Enquire about any difficulties with the exercises and discuss potential solutions. Remind the participant to complete the exercise diary, give feedback and answer any questions.

Week 7

PT home visit 4. Conduct a home visit and assess all participants for progression by following the flowchart below. Progression depends on how the participant is coping and which HOPE level they are currently in.

Participant is just coping or is finding exercises hard

Continue with given programme

Participant is coping well/finding exercises easy but needs reminding of techniques

Increase repetitions to 15

Participant increased repetitions at home visit 3 and is coping well but needs reminding of techniques

Teach progression exercises

HOPE levels 1 & 2. Participant is coping well/finding exercises easy and demonstrates exercises well

Carry out TUGT

No TUGT level change. Teach progression exercises or increase repetitions to 15 if already progressed

TUGT level change. Progress to next level of manual.

HOPE level 3. Participant is coping well/finding exercises easy and demonstrates exercises well

Teach progression exercises

Week 8

PT home visit 5. Reinforce the proposed benefit of each exercise and observe the participant practicing the exercises. Ensure correct technique, give feedback and answer any questions.
Progress to 10 or 15 repetitions if coping well.

Weeks 9-12

Conduct weekly phone call. Enquire about any difficulties with the exercises and discuss potential solutions. Remind the participant to complete the exercise diary, give feedback and answer any questions.
Progress to 10 or 15 repetitions if coping well.