

# Does an Integrated Survey and Single Session of Physical Therapy Counseling Activate People to Increase Physical Activity After Total Ankle Arthroplasty?

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## Introduction

Patients following Total ankle arthroplasty (TAA) procedures demonstrate poor PROMIS scores in physical function (PF) and satisfaction with social roles (SR). Therefore, TAA patients are good candidates for motivational interviewing (MI) to assess what is meaningful to the patients and to activate them to increase movement.

### Purpose

Evaluate the effectiveness of one telehealth session to assess multiple health domains of patients using MI strategies to counsel participants based on their readiness to change and to activate patients to become more physically active.

## Methods

Population: 13 participants post-TAA

Pre-survey: health risks, PAR-Q, PROMIS domains.

Telehealth session: Godin, 1-min STS test, and a 30–60-minute MI session with goal setting.

Post-survey and one follow-up via email or phone to assess if goal was met.

## Discussion/Conclusion

No correlation between PROMIS-SE t-score and Godin Leisure-Time Exercise ( $r=0.392$ ). Large correlation found PROMIS-PF t-score and 1-min-STS ( $r=0.719$ ). Moderate correlation between PROMIS-PF t-score and age norms on 1-min-STS ( $r=0.626$ ).

Participants had higher PROMIS PF and SR scores and were more physically active than the average post-TAA population. What matters most to patients post-TAA is the ability to be active and maintain relationships. MI was effective in setting salient goals in 100% of participants and 55% effective in activating increased PA.

## Results

### Themes identified in a single MI session:

#### Physical Activity Importance

“I loaded hay on a wagon ‘til I was 68”  
 “I still bow hunt...play golf... helping other people around their houses”

#### Resilience

“I just believe in staying fit”  
 “I wanted to be active”  
 “It’s not done improving”

#### Uncertainty

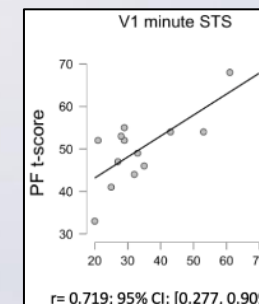
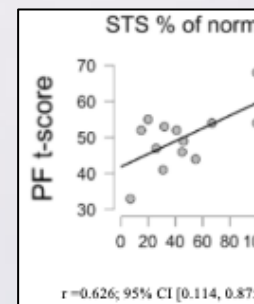
“My legs feel weak. Every step is this labor...”  
 “I haven’t found any answers from anybody as to what I can do”

#### Social Roles

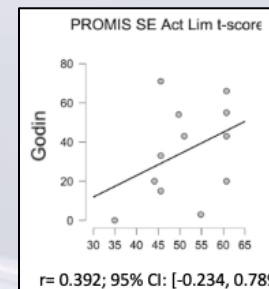
“we’re young enough that there should be things we could be doing out there”  
 “I get very depressed sitting in the houses”  
 “they tell me friends are important and I feel that way”

#### Limitations

“I can’t climb the ladder”  
 “Then my wife made me quit”



Participants that set a S.M.A.R.T. goal	13	100% of participants
Participants that attended in a follow up session	9	69.23% of participants
Participants that met their S.M.A.R.T. goal	5	55.55% of participants
Average confidence rating	8.92	min=6.5, max=10



	Limitations	Social Roles	Uncertainty	PA Importance	Resilience
Can't	25				
Couldn't	19				
Limit/ing/ed	13				
Friends		5			
Husband/Wife/Family		20			
Don't know/Not sure			10		
Walk/ing/ed				47	
Bike/ing/ed				14	
Active				13	
I did/ I still					10
<b>Total</b>	<b>57</b>	<b>25</b>	<b>10</b>	<b>74</b>	<b>10</b>

## References

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