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Supplementary Material 1 GAS goal instructions for the physical therapist and examples of a GAS ADL goal and GAS leisure time goal

Requirements:

- The GAS goal should be formulated together with the patient. It is very important that the patient agrees with the goal and content of the GAS scale. The physical therapist, orthopedic surgeon and patient should agree on the feasibility of the goal for the specific patient.
- The GAS goal should be described on either the Activity- or Participation level of the International Classification of Functioning, Disability, and Health.
- The GAS goal should be *S.M.A.R.T.*: Specific, Measurable, Achievable, Realistic, and Timely.
- A GAS scale should include one variable (e.g. distance, time, repetitions) to allow for adequate measurement and monitoring of the patient's progress.

Type of goal: ADL

Setting	A 60-year old female patient with right knee osteoarthritis. Usually goes grocery shopping by foot and has to walk for 30 minutes (back and forth) to the grocery store. Patient will practice this on her regular shopping route, while wearing her regular walking shoes and carrying her regular shopping bags.	
Measurement	Patient will use a stopwatch to measure the number of minutes she can walk before she has to stop because of her knee.	
Patient instruction	Go for your regular walk to the grocery store and measure how long you can walk without pausing. Report the number of minutes back to your physical therapist at the next visit.	
Goal Attainment Level		
-3	<i>Decline</i>	Patient can walk for <10 minutes without pausing
-2	<i>Baseline</i>	Patient can walk for 10 – 15 minutes without pausing
-1	<i>Less than goal</i>	Patient can walk for 16 – 30 minutes without pausing
0	<i>Goal</i>	Patient can walk for 31 – 45 minutes without pausing
+1	<i>More than goal</i>	Patient can walk for 46 – 60 minutes without pausing
+2	<i>Far more than goal</i>	Patient can walk for >60 minutes without pausing

Type of goal: leisure time

Setting	A 61-year old male patient with right knee osteoarthritis. Patient likes swimming and used to swim twice a week in an indoor swimming pool (50 meters). Currently, patient is restricted due to knee pain and cannot swim more than a few lanes. After surgery, he wants to be able to swim 12 consecutive lanes without pausing.	
Measurement	Patient will practice individually in his local swimming pool. He will count and write down the number of lanes he is able to swim without pausing.	
Patient instruction	Go for a swim in your regular 50-meter indoor pool and count how many lanes you can swim without pausing. Report the number of lanes back to your physical therapist at the next visit.	
Goal Attainment Level		
-3	<i>Decline</i>	Patient can swim <3 consecutive lanes
-2	<i>Baseline</i>	Patient can swim 3 – 4 consecutive lanes
-1	<i>Less than goal</i>	Patient can swim for 5 – 9 consecutive lanes
0	<i>Goal</i>	Patient can swim for 10 – 14 consecutive lanes
+1	<i>More than goal</i>	Patient can swim for 15 – 19 consecutive lanes
+2	<i>Far more than goal</i>	Patient can swim for >19 consecutive lanes