

Randomised controlled trial of the cost-effectiveness of water-based therapy for lower limb osteoarthritis

Submission date
25/04/2003

Recruitment status
No longer recruiting

☐ Prospectively registered

☐ Protocol

Registration date
25/04/2003

Overall study status
Completed

☐ Statistical analysis plan

☒ Results

Last Edited
08/11/2022

Condition category
Musculoskeletal Diseases

☐ Individual participant data

Plain English summary of protocol

Not provided at time of registration

Contact information

Type(s)

Scientific

Contact name

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Additional identifiers

EudraCT/CTIS number

IRAS number

ClinicalTrials.gov number

Secondary identifying numbers

Study information

Scientific Title

Randomised controlled trial of the cost-effectiveness of water-based therapy for lower limb osteoarthritis

Acronym

ROAR

Study objectives

Hydrotherapy is believed to be an effective treatment for osteoarthritis (OA). Many physiotherapy centres have specialise hydrotherapy pools but, most remain under utilised because they are not cost-effective to run. Thus a valued service is unrealised on cost grounds. In recent years, aqua- aerobics has become a popular mode of exercise and is used by many people who suffer from "joint" problems. Despite this growth in popularity, neither the efficacy nor the cost-effectiveness of community-based water therapy in the rehabilitation of OA has been evaluated in a well-designed trial. The potential value of this form of treatment to the NHS, therefore, remains unknown.

A randomised controlled trial is proposed, to determine:

1. The efficacy of water exercise in the treatment of OA of the lower limb
2. The cost-effectiveness of such an approach
3. The longer term implications of such intervention

Stages 2. and 3. will be contingent on the outcome of stage 1.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Not provided at time of registration.

Study design

Randomised controlled trial

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Not specified

Study type(s)

Not Specified

Participant information sheet

Health condition(s) or problem(s) studied
Musculoskeletal diseases: Arthritis (osteo)

Interventions
1. Hydrotherapy
2. Standard care

Intervention Type
Other

Phase
Not Specified

Primary outcome measure
Pain score on the Western Ontario and McMaster Universities OA index (WOMAC).

Secondary outcome measures
Additional outcome measures were included to evaluate effects on quality of life, cost-effectiveness and physical function measurements.

Overall study start date
01/04/2000

Completion date
30/09/2003

Eligibility

Key inclusion criteria
Patients suffering lower limb osteoarthritis

Participant type(s)
Patient

Age group
Senior

Sex
Both

Target number of participants
106

Key exclusion criteria
Not provided at time of registration.

Date of first enrolment
01/04/2000

Date of final enrolment

30/09/2003

Locations

Countries of recruitment

England

United Kingdom

Study participating centre

Sport Health & Exercise

Stafford

United Kingdom

ST4 2DF

Sponsor information

Organisation

Department of Health (UK)

Sponsor details

Quarry House

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Sheila.Greener@doh.gsi.gov.uk

Sponsor type

Government

Website

<http://www.dh.gov.uk/en/index.htm>

ROR

<https://ror.org/03sbpja79>

Funder(s)

Funder type

Government

Funder Name

NIHR Health Technology Assessment Programme - HTA (UK)

Results and Publications

Publication and dissemination plan

Not provided at time of registration

Intention to publish date**Individual participant data (IPD) sharing plan**

Not provided at time of registration

IPD sharing plan summary

Not provided at time of registration

Study outputs

| Output type | Details | Date created | Date added | Peer reviewed? | Patient-facing? |
|---------------------------------|---------------|--------------|------------|----------------|-----------------|
| Results article | HTA monograph | 01/08/2005 | | Yes | No |