

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

<b>Submission date</b> 25/04/2003	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered
<b>Registration date</b> 25/04/2003	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 08/11/2022	<b>Condition category</b> Musculoskeletal Diseases	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
		<input type="checkbox"/> Individual participant data

**Plain English summary of protocol**  
Not provided at time of registration

## Contact information

**Type(s)**  
Scientific

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## Additional identifiers

**Protocol serial number**  
HTA 96/32/99

## 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

## **Study type(s)**

Not Specified

## **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(s)**

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

**Key secondary outcome(s)**

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

**Completion date**

30/09/2003

**Eligibility****Key inclusion criteria**

Patients suffering lower limb osteoarthritis

**Participant type(s)**

Patient

**Healthy volunteers allowed**

No

**Age group**

Senior

**Sex**

All

**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**

United Kingdom

England

**Study participating centre**

**Sport Health & Exercise**

Stafford

United Kingdom

ST4 2DF

# Sponsor information

## Organisation

Department of Health (UK)

## ROR

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

# Funder(s)

## Funder type

Government

## Funder Name

NIHR Health Technology Assessment Programme - HTA (UK)

# Results and Publications

## 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?
<a href="#">Results article</a>	HTA monograph	01/08/2005		Yes	No