

# A randomised trial assessing weight loss and quadriceps strengthening exercises as interventions for reducing knee pain in the community in overweight people

<b>Submission date</b> 05/02/2002	<b>Recruitment status</b> No longer recruiting	<input checked="" type="checkbox"/> Prospectively registered
<b>Registration date</b> 05/02/2002	<b>Overall study status</b> Completed	<input type="checkbox"/> Protocol
<b>Last Edited</b> 25/08/2009	<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

### Contact name

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## Additional identifiers

### Protocol serial number

M0646

# Study information

## Scientific Title

## Acronym

LIKP

## Study objectives

Not provided at time of registration

Please note that the target number of participants was added as of 25/08/2009.

## 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)

Screening

## Health condition(s) or problem(s) studied

Knee pain, obesity

## Interventions

Participants will be randomised to a weight loss programme or an advice leaflet. In addition participants in the treatment arm will be randomised to a quadriceps exercise programme or no exercise programme.

## Intervention Type

Other

## Phase

Not Specified

## Primary outcome(s)

Not provided at time of registration

## Key secondary outcome(s)

Not provided at time of registration

## Completion date

30/06/2006

# Eligibility

## Key inclusion criteria

Participants with knee pain will be identified in the community.

## Participant type(s)

Patient

## Healthy volunteers allowed

No

## Age group

Adult

## Sex

All

## Key exclusion criteria

Not provided at time of registration

## Date of first enrolment

01/07/2002

## Date of final enrolment

30/06/2006

# Locations

## Countries of recruitment

United Kingdom

England

## Study participating centre

Public Health Medicine & Epidemiology

Nottingham

United Kingdom

NG7 2UH

# Sponsor information

## Organisation

Arthritis Research Campaign (ARC) (UK)

ROR

<https://ror.org/02jkpm469>

## Funder(s)

### Funder type

Charity

### Funder Name

Arthritis Research Campaign (UK)

## Results and Publications

### Individual participant data (IPD) sharing plan

### 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>	main results	18/08/2009		Yes	No
<a href="#">Results article</a>	results of economic evaluation	18/08/2009		Yes	No