ISRCTN36824298 https://doi.org/10.1186/ISRCTN36824298

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

Registration date
25/04/2003

Overall study status
Completed

Last Edited
08/11/2022

Condition category
Musculoskeletal Diseases

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] 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.

Primary study design
Interventional

Study design
Randomised controlled trial

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?
Results article	HTA monograph	01/08/2005		Yes	No