

A randomised controlled trial of intensive physiotherapy vs a home-based exercise treatment programme in knee osteoarthritis

Submission date 25/04/2003	Recruitment status No longer recruiting	☐ Prospectively registered
Registration date 25/04/2003	Overall study status Completed	☐ Protocol
Last Edited 01/04/2022	Condition category Musculoskeletal Diseases	☐ Statistical analysis plan
		☒ 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 94/39/14

Study information

Scientific Title

A randomised controlled trial of intensive physiotherapy vs a home-based exercise treatment programme in knee osteoarthritis

Study objectives

The objective of the study is to determine whether an intensive regime of physiotherapy is superior to a home-based exercise programme in relation to the following key outcomes: (1) pain relief, (2) improvement in function, (3) improvement in quality of life, (4) prolongation of the period before surgical intervention is thought indicated. Eligible patients, who will be recruited from participating orthopaedic and rheumatology clinics, will be new referrals from primary care with diagnosis of osteoarthritis according to standard criteria. 180 patients will be recruited and randomised either to active physiotherapy or a home-based exercise teaching programme. All subjects, where appropriate, will be given advice on weight reduction and simple analgesics.

Outcome will be assessed at eight weeks, six months, and one year.

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

Please note that, as of 17 January 2008, the start and end date of this trial were updated from 1 February 1998 and 31 January 2001 to 1 June 1998 and 28 February 2002, respectively.

Interventions:

- 1 Active physiotherapy
2. Home-based exercise teaching programme.

Intervention Type

Other

Phase

Not Specified

Primary outcome(s)

1. Pain relief
2. Improvement in function

- 3. Improvement in quality of life
- 4. Prolongation of the period before surgical intervention is thought indicated

Key secondary outcome(s)

Not provided at time of registration.

Completion date

28/02/2002

Eligibility

Key inclusion criteria

New referrals from primary care with diagnosis of osteoarthritis according to standard criteria.

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Not Specified

Sex

All

Total final enrolment

214

Key exclusion criteria

Not provided at time of registration.

Date of first enrolment

01/06/1998

Date of final enrolment

28/02/2002

Locations

Countries of recruitment

United Kingdom

England

Study participating centre

WarwickEmergency Care & Rehabilitation
Coventry

United Kingdom
CV4 7AL

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		01/11/2004		Yes	No