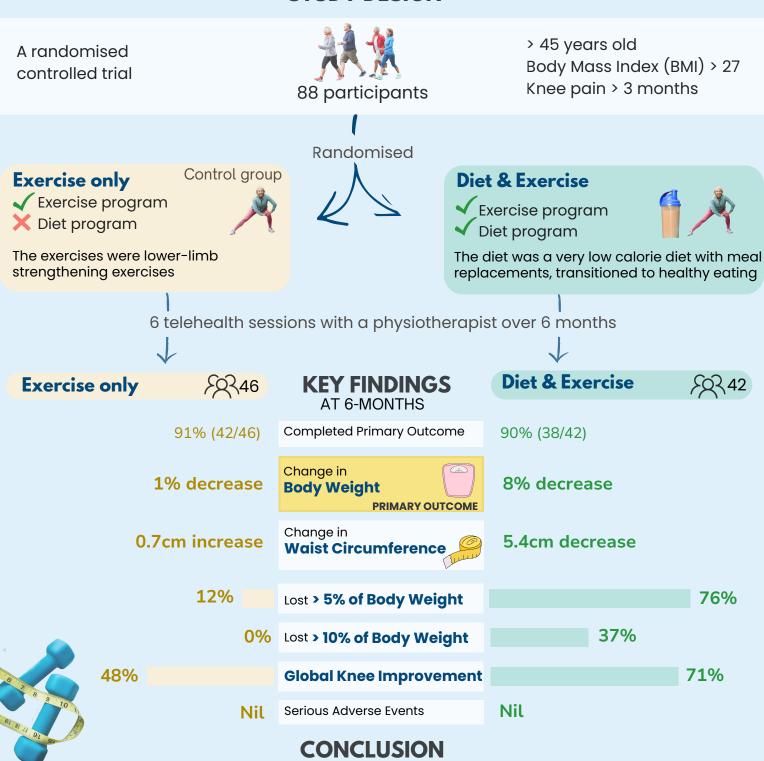


## Effectiveness of a physiotherapist-delivered diet program for knee osteoarthritis



The POWER Study

## STUDY DESIGN



Physiotherapists were able to deliver a very low calorie diet that was safe and led to clinically relevant weight loss in people with knee osteoarthritis.



