



Is there a relationship between the # of different resistance exercises and outcomes for people with knee osteoarthritis?

WHAT WE DID

Aim: Determine **whether there is a relationship between the number of different lower-limb resistance exercises prescribed in a program and outcomes** in knee osteoarthritis.



We conducted a systematic review with meta-regressions between number of different exercises prescribed and change in pain and function. Covariates (intervention duration, frequency per week, use of resistance exercise machine/s, and comparator type) were applied to attempt to reduce between-study heterogeneity.

WHAT WE FOUND

Standardised mean differences [95% confidence interval]

SLOPE COEFFICIENT

Meta-regression showed **no relationship** between the number of prescribed exercises and change in **pain or function**

PAIN	-0.04 [-0.14 to 0.05]
FUNCTION	-0.04 [-0.12 to 0.05]



SUMMARY

There was **no relationship** between the number of different lower-limb resistance exercises prescribed in a program and change in **knee pain or function**. However, given that we were unable to account for all differences in program intensity, progression, and adherence, as well as the heterogeneity and overall low quality of included studies, **our results should be interpreted with caution**.



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