Patient Experiences with Physiotherapy for Knee Osteoarthritis (OA)

18 female **6** male

Prior 6 months physiotherapy experience

6 States & **2** Territorites

1:1 semi-structured phone interview

PRE-EXISTING KNEE OA DIAGNOSIS

- Sought prior OA care from other health providers
- Perceived to have adequate OA knowledge

VARIED ACCESS & PROVISION OF CARE

- Used various referral pathways & funding models to access care
- Received care via 1:1 or group sessions

SEEKING CARE FOR PAIN & FUNCTIONAL LIMITATIONS

- Knee symptoms was a major driver to seek care
- Sought care due to difficulties with functional activities

MANAGEMENT FOCUSSED ON FUNCTION & EXERCISE

- Physical function often assessed, exercises & adjunctive care received
- Surgery & medications are not physiotherapists' role

PPROFESSIONAL & PERSONALIZED CARE

- Had a sense of trust & confidence in physiotherapists
- Received personalized care

PHYSIOTHERAPY TO DELAY SURGERY

- Felt knee replacement surgery was inevitable
- Perceived physiotherapists to help reduce OA impact

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