

Exploring the experiences of people with knee osteoarthritis who received a weight loss diet and exercise program from a physiotherapist



Based on participants' experiences in
the POWER Study



In the POWER study, 42 participants with knee osteoarthritis received both:



Dietary Program ✓

A weight loss diet, which was transitioned into healthy eating.



GOAL: Lose 5-10% of body weight

both delivered by
a physiotherapist,
who received
training on
delivering the
diet



Exercise Program ✓

A personalised home exercise program, with strengthening exercises for their knee osteoarthritis.

In this study, these participants were asked about their experience
receiving a weight loss diet delivered by a physiotherapist

42

participants

completed questionnaires



22

participants
completed semi-
structured interviews

KEY FINDINGS

Questionnaire results

71% had confidence their physiotherapist could help them to lose weight

84% were confident their physiotherapist had the required skills

71% would recommend others to see a physiotherapist for this dietary weight loss intervention

Themes that emerged from the interviews



One-stop shop for exercise and diet

Convenience of having one clinician for both diet and exercise guidance



Physiotherapist-delivered weight loss works

Personal experience of losing weight indicated that it works



Depth of physiotherapist knowledge and skills

Most felt that the physiotherapists had adequate skills to deliver the diet, but some disagreed



Physiotherapists have a role in weight loss

Physiotherapists could have a role in weight loss, with adequate training