

EFFECTIVENESS OF AN UNSUPERVISED ONLINE YOGA PROGRAM ON PAIN AND FUNCTION IN PEOPLE WITH KNEE OSTEOARTHRITIS

A RANDOMIZED CLINICAL TRIAL



Pain while walking

Physical function (WOMAC)



• 212 participants, 45+ years, with knee osteoarthritis

• Two primary outcomes, measured at 3 and 6 months

Control group



Online education only

Comprising OA information, treatment options, pain management, sleep and patient stories

VS



Online education

+

Unsupervised online yoga program for 12 weeks

Pre-recorded videos, each to be performed 3x a week



Main results:

Compared with control at 3 months, **yoga led to greater improvements in self-reported physical function but not knee pain during walking.**

Benefits were not maintained at 6 months.



Key message

An unsupervised 12-week online yoga program for people with knee osteoarthritis **improved function more than online education immediately following the program.**

The improvement **did not meet the minimal clinically important difference** and was **not sustained at 6 months.**



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Yoga program evaluated available free at www.myjointyoga.com.au



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