

# Self-directed Web-based Exercise & Behaviour Change Text Messages for Knee Osteoarthritis Randomised controlled trial

## POPULATION

206 participants



45+ years



Clinical knee OA



Australian  
community

## ANALYSIS

Intention to treat

24  
WEEKS

## STUDY ARMS

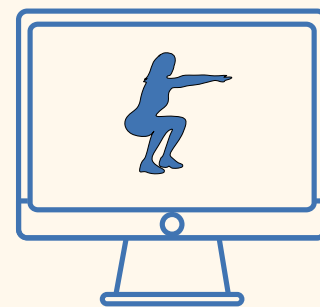
### CONTROL WEBSITE



**Information** about OA,  
exercise &  
physical activity

VS

### MY KNEE EXERCISE WEBSITE + TEXT MESSAGES



+



Same as control PLUS:

- general **physical activity** guidance
- 24-week **strengthening exercise plan**
- automated **behaviour change texts**

## MAIN RESULTS

The intervention group experienced **greater improvements in knee pain + physical function** compared with the control group at 24 weeks.

More participants in the intervention group experienced **clinically meaningful improvements in knee pain and in function** than in the control group.

## KEY MESSAGES

A **self-directed exercise web-intervention** with automated **behaviour change text messages improved knee pain + function** at 24-weeks.

This **unsupervised, free to access** intervention is an **effective option** to **improve access & support** people with OA & clinicians in recommended **OA exercise management**.

Intervention website access available @ [www.mykneeexercise.org.au](http://www.mykneeexercise.org.au)