



Technology Vs Tradition

A non-inferiority trial comparing video to face-to-face consultations with a physiotherapist for people with knee osteoarthritis



394 participants in QLD, NSW and VIC



Clinical diagnosis of knee OA

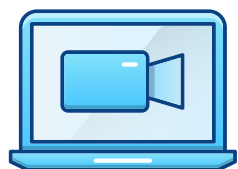


15 physiotherapists



5 consultations with a physiotherapist over 3 months

Participants randomised to:



**VIDEO
CONSULTATIONS
(VIA ZOOM)**

**FACE-TO-FACE
CONSULTATIONS**



Treatment elements

- Home-based strengthening exercise program and physical activity plan.
- Education about osteoarthritis and its management.
- Printed educational resources, exercise resistance bands and activity tracker.

Study outcomes

- Primary outcomes are: i) knee pain on walking; and ii) physical function, with a primary end-point of 3 months and a secondary end-point of 9 months.
- Secondary outcomes include changes in other clinical outcomes, time and financial costs of attending consultations, healthcare usage and convenience.