



Efficacy of a Very-Low-Calorie Weight Loss Diet Plus Exercise Compared With Exercise Alone on Hip Osteoarthritis (OA) Pain

This randomised controlled trial aimed to evaluate the efficacy of a weight loss diet added to exercise on change in hip pain.

101

Participants with OA and overweight or obesity

6

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12

Month follow up



Australia

6-month home exercise program via 5 telehealth consultations with a physiotherapist.

VS

6-month home exercise program via 5 telehealth consultations with a physiotherapist.

+

Very Low Calorie Diet (VLCD) via 6 telehealth consultations with a dietitian.



Main results

VLCD plus exercise lost 8.5% more weight than exercise only.

VLCD plus exercise was **not more effective for change in hip pain severity** at 6 months.

Between-group differences for other secondary outcomes at 6 months favored VLCD plus exercise except Hip Disability and Osteoarthritis Outcome Score (HOOS) pain and function.

At 12 months, weight, body mass index, HOOS pain and function, and overall hip improvement, but not quality of life and physical activity, favored VLCD plus exercise.

Key message

Adding a weight loss diet to exercise did not change hip pain but improved most secondary outcomes.