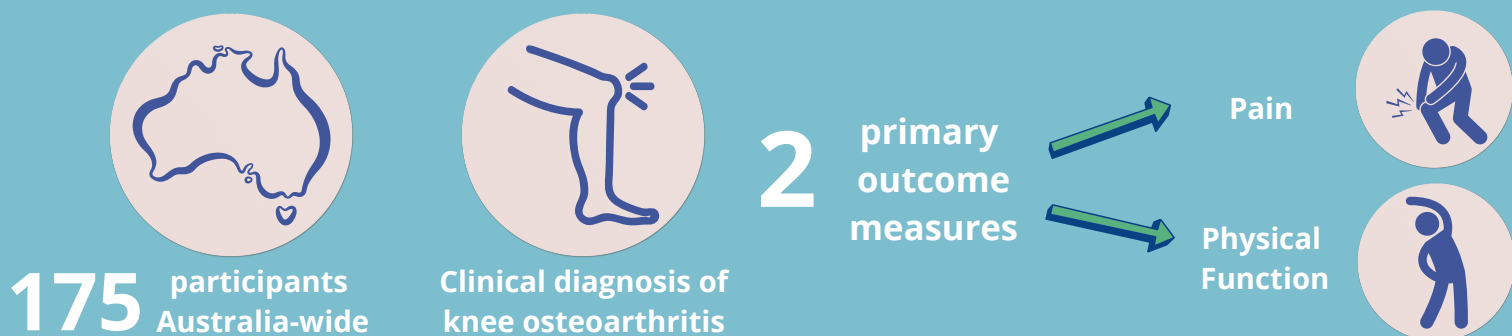


Telephone-delivered support and advice for people with knee osteoarthritis: Telecare randomised controlled trial



NURSE ONLY

involving one telephone call with a registered nurse from the existing Musculoskeletal Australia Help Line



NURSE + PHYSIO

involving one telephone call with a registered nurse from the existing Musculoskeletal Australia Help Line, plus 5-10 telephone calls with a physiotherapist

MAIN RESULTS

- At 6 months, nurse + physio resulted in **greater improvement in function** but **not overall pain**.
- By 12 months, **most outcomes were similar between groups**.

KEY MESSAGES

- Telephone-delivered physiotherapist-led exercise advice and support **modestly improved physical function** but **not the co-primary outcome of knee pain** at 6 months.
- Functional benefits **were not sustained** at 12 months.