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



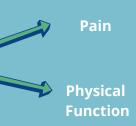


175 participants Australia-wide



Clinical diagnosis of knee osteoarthritis

primary outcome measures







🔄 NURSE ONLY

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

## 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.





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

## **KEY MESSSAGES**

- 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.



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