

Telerehabilitation consultations with a physiotherapist for chronic knee pain versus in-person consultations:

The PEAK non-inferiority randomised controlled trial



participants in QLD, NSW and VIC with knee osteoarthritis



years of age



physiotherapists



consults with a physiotherapist over 3 months



follow up timepoints for outcome assessments (3 & 9 months)

Participants randomised to:

VIDEO CONSULTATIONS
(VIA ZOOM)

190 PEOPLE

OR

IN-PERSON
CONSULTATIONS

204 PEOPLE



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.



KEY FINDINGS

Both groups reported improved outcomes at 3 and 9 months, demonstrating that telerehabilitation is **non-inferior** to in-person care for both knee pain & physical function.

At 3 months the number of participants reporting **adverse events** were similar for in-person care and videoconferencing, and none were serious.

Video conferencing was **SUPERIOR** for change in:

- physical activity (at 9 months)
- therapeutic alliance (participant rating)
- convenience & attendance
- satisfaction (at 9 months)
- strength exercise adherence (at 3 months)
- distance travelled for consultations