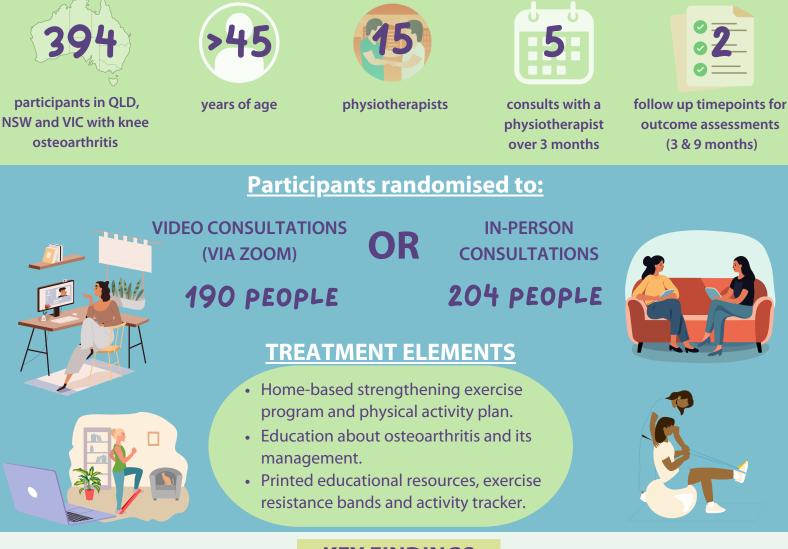
## Telerehabilitation consultations with a physiotherapist for chronic knee pain versus in-person consultations:

## The PEAK non-inferiority randomised controlled trial



## **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



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