What did we do?

Recruited 735 people

Aged 45+ years

Did not have knee pain or osteoarthritis

Asked to imagine they were visiting their GP for a hypothetical knee problem and were randomised to 1 of 3 groups:

**Group 1**

Read a general information pamphlet about osteoarthritis

**Group 2**

Read general information pamphlet + Read a treatment option table with the pros and cons of each option

**Group 3**

Read general information pamphlet + Read treatment option table + Received a hypothetical GP recommendation to exercise

What did we find?

**Group 3** had more favourable beliefs that exercise was best for their knee, compared to Group 1

**Group 2** had less favourable beliefs about the necessity of surgery and x-rays for their knee, compared to Group 1 and Group 3

What did we conclude?

The group that received a **GP exercise recommendation**, along with a **treatment option table** and a **general information pamphlet** about osteoarthritis, had the **most favourable views** regarding exercise being the best treatment option.