

Centre for Health, Exercise and Sports Medicine
Physiotherapy Department
The University of Melbourne

Osteoarthritis Virtual Assistant

The knowledge content for the AI Osteoarthritis Virtual Assistant includes the following references.

References:

Liu X, Machado GC, Eyles JP, et al. Dietary supplements for treating osteoarthritis: a systematic review and meta-analysis. *British Journal of Sports Medicine* 2018;52:167-175.

Shah, O.A., Spence, C., Kader, D. et al. Patellar resurfacing and kneeling ability after total knee arthroplasty: a systematic review. *Arthroplasty* 5, 32 (2023).

<https://doi.org/10.1186/s42836-023-00184-5>

Zhang, B., Rao, S., Mekki, K.L. et al. Risk factors for pain after total hip arthroplasty: a systematic review. *Arthroplasty* 5, 19 (2023). <https://doi.org/10.1186/s42836-023-00172-9>

Mohammad HR, Goberman-Hill R, Delmestri A, Broomfield J, Patel R, Huber J, et al. (2021) Risk factors associated with poor pain outcomes following primary knee replacement surgery: Analysis of data from the clinical practice research datalink, hospital episode statistics and patient reported outcomes as part of the STAR research programme. *PLoS ONE* 16(12): e0261850. <https://doi.org/10.1371/journal.pone.0261850>

Hafkamp, F. J., Gosens, T., de Vries, J., & den Ouden, B. L. (2020). Do dissatisfied patients have unrealistic expectations? A systematic review and best-evidence synthesis in knee and hip arthroplasty patients. *EFORT Open Reviews*, 5(4), 226-240. Retrieved Feb 9, 2025, from <https://doi.org/10.1302/2058-5241.5.190015>

Song J-A, Oh JW. Effects of Aquatic Exercises for Patients with Osteoarthritis: Systematic Review with Meta-Analysis. *Healthcare*. 2022; 10(3):560. <https://doi.org/10.3390/healthcare10030560>

Yu SP, Hunter DJ. Managing osteoarthritis. *Aust Prescr* 2015;38:115-19. <https://doi.org/10.18773/austprescr.2015.039>

Im, G.I., Kim, M.K. The relationship between osteoarthritis and osteoporosis. *J Bone Miner Metab* 32, 101–109 (2014). <https://doi.org/10.1007/s00774-013-0531-0>

Zhang W, Robertson WB, Zhao J, Chen W and Xu J (2019) Emerging Trend in the Pharmacotherapy of Osteoarthritis. *Front. Endocrinol.* 10:431. doi: 10.3389/fendo.2019.00431

Charlesworth, J., Fitzpatrick, J., Perera, N.K.P. *et al.* Osteoarthritis- a systematic review of long-term safety implications for osteoarthritis of the knee. *BMC Musculoskelet Disord* **20**, 151 (2019). <https://doi.org/10.1186/s12891-019-2525-0>

Wilkie R, Parmar SS, Blagojevic-Bucknall M, *et al*
Reasons why osteoarthritis predicts mortality: path analysis within a Cox proportional hazards model
RMD Open 2019;**5**:e001048. doi: 10.1136/rmdopen-2019-001048

van Middelkoop, M, Schiphof, D, Hattle, M, Simkins, J, Bennell, KL, Hinman, RS, Allen, KD, Knoop, J, van Baar, ME, Bossen, D, Wallis, J, Hurley, M, Holden, MA, & Bierma-Zeinstra, SMA. (2024). People with short symptom duration of knee osteoarthritis benefit more from exercise therapy than people with longer symptom duration: An individual participant data meta-analysis from the OA trial bank. *Osteoarthritis and Cartilage*, 32(12), 1620-1627. doi:10.1016/j.joca.2024.07.007

Pramhas, S, Thalhammer, T, Terner, S, Pickelsberger, D, Gleiss, A, Sator, S, & Kress, HG. (2023). Oral cannabidiol (CBD) as add-on to paracetamol for painful chronic osteoarthritis of the knee: a randomized, double-blind, placebo-controlled clinical trial. *The Lancet Regional Health – Europe*, 35. doi:10.1016/j.lanepe.2023.100777

Costa, D., Lopes, D.G., Cruz, E.B. *et al.* Trajectories of physical function and quality of life in people with osteoarthritis: results from a 10-year population-based cohort. *BMC Public Health* **23**, 1407 (2023). <https://doi.org/10.1186/s12889-023-16167-9>

Clausen S, Heerey J, Hartvigsen J, *et al.* Do imaging findings modify the effect of non-surgical treatment in patients with knee and hip osteoarthritis? A systematic literature review *BMJ Open* 2023;**13**:e065373. doi: 10.1136/bmjopen-2022-065373

Bell EC, O'Halloran P, Wallis JA, *et al.* Using SUpported Motivational InTerviewing (SUMIT) to increase physical activity for people with knee osteoarthritis: a pilot, feasibility randomised controlled trial *BMJ Open* 2023;**13**:e075014. doi: 10.1136/bmjopen-2023-075014

Eckstein, F.; Maschek, S.; Culvenor, A.; Sharma, L.; Roemer, F.W.; Duda, G.N.; Wirth, W. Which risk factors determine cartilage thickness and composition change in radiographically normal knees? Data from the Osteoarthritis Initiative. *Osteoarthr. Cart. Open* 2023, **5**, 100365.

Coburn, S.L., Crossley, K.M., Kemp, J.L. *et al.* Immediate and Delayed Effects of Joint Loading Activities on Knee and Hip Cartilage: A Systematic Review and Meta-analysis. *Sports Med - Open* **9**, 56 (2023). <https://doi.org/10.1186/s40798-023-00602-7>

De Oliveira Silva D, Johnston RTR, Mentiplay BF, *et al.* Trajectory of knee health in runners with and without heightened osteoarthritis risk: the TRAIL prospective cohort study protocol *BMJ Open* 2023;**13**:e068040. doi: 10.1136/bmjopen-2022-068040

Macri EM, Hart HF, Thwaites D, Barton CJ, Crossley KM, Bierma-Zeinstra SMA, van Middelkoop M. Medical Interventions for Patellofemoral Pain and Patellofemoral

Osteoarthritis: A Systematic Review. *Journal of Clinical Medicine*. 2020; 9(11):3397.
<https://doi.org/10.3390/jcm9113397>

Tan, J. M., Crossley, K. M., Munteanu, S. E., Collins, N. J., Hart, H. F., Donnar, J. W., Cleary, G., O'Sullivan, I. C., Maclachlan, L. R., Derham, C. L., & Menz, H. B. (2020). Associations of foot and ankle characteristics with knee symptoms and function in individuals with patellofemoral osteoarthritis. *Journal of Foot and Ankle Research*, 13(1), 1–10.

King MG, Kemp JL, Hon R, *et al*. Prefabricated contoured foot orthoses to reduce pain and increase physical activity in people with hip osteoarthritis: protocol for a randomised feasibility trial. *BMJ Open* 2022;12:e062954. doi: 10.1136/bmjopen-2022-062954

Murphy, M. C., Latella, C., Rio, E. K., Taylor, J. L., Martino, S., Sylvester, C., Hale, W., & Mosler, A. B. (2023). Does lower-limb osteoarthritis alter motor cortex descending drive and voluntary activation? A systematic review and meta-analysis. *EFORT Open Reviews*, 8(12), 883-894. Retrieved Feb 9, 2025, from <https://doi.org/10.1530/EOR-23-0092>

Couldrick JM, Woodward AP, Silva MDC, Lynch JT, Perriman DM, Barton CJ, *et al*. (2023) Evidence for key individual characteristics associated with outcomes following combined first-line interventions for knee osteoarthritis: A systematic review. *PLoS ONE* 18(4): e0284249. <https://doi.org/10.1371/journal.pone.0284249>

Fernandez, M., Young, A., Kongsted, A. *et al*. GLA:D® Back Australia: a mixed methods feasibility study for implementation. *Chiropr Man Therap* 30, 17 (2022).
<https://doi.org/10.1186/s12998-022-00427-3>

Goff AJ, De Oliveira Silva D, Ezzat AM, *et al*. Co-design of the web-based ‘My Knee’ education and self-management toolkit for people with knee osteoarthritis. *DIGITAL HEALTH*. 2023;9. doi:[10.1177/20552076231163810](https://doi.org/10.1177/20552076231163810)

Collins NJ, Tan JM, Menz HB, *et al*. The FOOTPATH study: protocol for a multicentre, participant- and assessor-blind, parallel group randomised clinical trial of foot orthoses for patellofemoral osteoarthritis *BMJ Open* 2019;9:e025315. doi: 10.1136/bmjopen-2018-025315

Erin M Macri, Kay M Crossley, Harvi F Hart, Agnes G d’Entremont, Bruce B Forster, Charles R Ratzlaff, David R Wilson, Karim M Khan - Clinical findings in patellofemoral osteoarthritis compared to individually-matched controls: a pilot study: *BMJ Open Sport & Exercise Medicine* 2020;6:e000877.

Aily, J. B., Barton, C. J., Mattiello, S. M., de Oliveira Silva, D., & de Noronha, M. (2020). Telerehabilitation for Knee Osteoarthritis in Brazil: A Feasibility Study. *International Journal of Telerehabilitation*, 12(2), 137–148. <https://doi.org/10.5195/ijt.2020.6323>

Tan, J.M., Menz, H.B., Crossley, K.M. *et al*. The efficacy of foot orthoses in individuals with patellofemoral osteoarthritis: a randomised feasibility trial. *Pilot Feasibility Stud* 5, 90 (2019).
<https://doi.org/10.1186/s40814-019-0469-7>

Cooper, I., Brukner, P., Devlin, B.L. *et al.* An anti-inflammatory diet intervention for knee osteoarthritis: a feasibility study. *BMC Musculoskelet Disord* **23**, 47 (2022). <https://doi.org/10.1186/s12891-022-05003-7>

Gates, L. S., Cherry, L., Grønne, D. T., Roos, E. M., & Skou, S. T. (2023). The prevalence of foot pain and association with baseline characteristics in people participating in education and supervised exercise for knee or hip osteoarthritis: a cross-sectional study of 26,003 participants from the GLA:D® registry. *Journal of Foot and Ankle Research*, 16(1). <https://doi.org/10.1186/s13047-023-00673-5>

Henriksen M, Mukriyani H, Juhl C. 2021. Knee replacement outcome predicted by physiotherapists: a prospective cohort study. *PeerJ* 9:e10838. <https://doi.org/10.7717/peerj.10838>

Baumbach, L., Ankerst, D., Roos, E. M., Nyberg, L. A., Cottrell, E., & Lykkegaard, J. (2021). Association between received treatment elements and satisfaction with care for patients with knee osteoarthritis seen in general practice in Denmark. *Scandinavian Journal of Primary Health Care*, 39(2), 257–264. <https://doi.org/10.1080/02813432.2021.1922835>

Kjeldsen T, Dalgas U, Skou ST, *et al.* Progressive resistance training compared to neuromuscular exercise in patients with hip osteoarthritis and the additive effect of exercise booster sessions: protocol for a multicentre cluster randomised controlled trial (The Hip Booster Trial). *BMJ Open* 2022;**12**:e061053. doi: 10.1136/bmjopen-2022-061053

Young, J.J., Kongsted, A., Jensen, R.K. *et al.* Characteristics associated with comorbid lumbar spinal stenosis symptoms in people with knee or hip osteoarthritis: an analysis of 9,136 good life with osteoArthritis in Denmark (GLA:D®) participants. *BMC Musculoskelet Disord* **24**, 250 (2023). <https://doi.org/10.1186/s12891-023-06356-3>

Selçuk H, Roos EM, Grønne DT, Ernst MT, Skou ST. Agreement Between Self-Reported Information and Administrative Data on Comorbidities, Imaging and Treatment in Denmark – A Validation Study of 38,745 Patients with Knee or Hip Osteoarthritis. *Clin Epidemiol.* 2021;13:779-790 <https://doi.org/10.2147/CLEP.S309364>

Young, J.J., Hartvigsen, J., Jensen, R.K. *et al.* Prevalence of multimorbid degenerative lumbar spinal stenosis with knee and/or hip osteoarthritis: protocol for a systematic review and meta-analysis. *Syst Rev* **9**, 232 (2020). <https://doi.org/10.1186/s13643-020-01478-4>

Johnsen MB, Roos E, Grønne DT, *et al.* Impact of educational level and employment status on short-term and long-term pain relief from supervised exercise therapy and education: an observational study of 22 588 patients with knee and hip osteoarthritis. *BMJ Open* 2021;**11**:e045156. doi: 10.1136/bmjopen-2020-045156

Tan, B.Y., Goh, Z.Z.S., Lim, C.J. *et al.* Singapore KneE osTeoarthritis CoHort (SKETCH): protocol for a multi-centre prospective cohort study. *BMC Musculoskelet Disord* **24**, 104 (2023). <https://doi.org/10.1186/s12891-023-06207-1>

Johnsen, M.B., Pihl, K., Nissen, N. *et al.* The association between smoking and knee osteoarthritis in a cohort of Danish patients undergoing knee arthroscopy. *BMC Musculoskelet Disord* **20**, 141 (2019). <https://doi.org/10.1186/s12891-019-2518-z>

Larsen JB, Roos EM, Laursen M, *et al.* Five-year follow-up of patients with knee osteoarthritis not eligible for total knee replacement: results from a randomised trial. *BMJ Open* 2022;**12**:e060169. doi: 10.1136/bmjopen-2021-060169

Rognsvåg, T., Lindberg, M.F., Lerdal, A. *et al.* Development of an internet-delivered cognitive behavioral therapy program for use in combination with exercise therapy and education by patients at increased risk of chronic pain following total knee arthroplasty. *BMC Health Serv Res* **21**, 1151 (2021). <https://doi.org/10.1186/s12913-021-07177-7>

Lindberg, M.F., Aamodt, A., Badawy, M. *et al.* The effectiveness of exercise therapy and education plus cognitive behavioral therapy, alone or in combination with total knee arthroplasty in patients with knee osteoarthritis – study protocol for the MultiKnee trial. *BMC Musculoskelet Disord* **22**, 1054 (2021). <https://doi.org/10.1186/s12891-021-04924-z>

Tan BY, Thach T, Munro YL, Skou ST, Thumboo J, Car J, Car LT. Complex Lifestyle and Psychological Intervention in Knee Osteoarthritis: Scoping Review of Randomized Controlled Trials. *International Journal of Environmental Research and Public Health*. 2021; 18(23):12757. <https://doi.org/10.3390/ijerph182312757>

Whittaker, J.L., Truong, L.K., Losciale, J.M. *et al.* Efficacy of the SOAR knee health program: protocol for a two-arm stepped-wedge randomized delayed-controlled trial. *BMC Musculoskelet Disord* **23**, 85 (2022). <https://doi.org/10.1186/s12891-022-05019-z>

Almeheyawi, R. N., Bricca, A., Riskowski, J. L., Barn, R., & Steultjens, M. (2021). Foot characteristics and mechanics in individuals with knee osteoarthritis: systematic review and meta-analysis. *Journal of Foot and Ankle Research*, 14(1). <https://doi.org/10.1186/s13047-021-00462-y>

Grønne DT, Roos EM, Ibsen R, *et al.* Cost-effectiveness of an 8-week supervised education and exercise therapy programme for knee and hip osteoarthritis: a pre–post analysis of 16 255 patients participating in Good Life with osteoArthritis in Denmark (GLA:D). *BMJ Open* 2021;**11**:e049541. doi: 10.1136/bmjopen-2021-049541

Ericsson, Y.B., Roos, E.M., Owman, H. *et al.* Association between thigh muscle strength four years after partial meniscectomy and radiographic features of osteoarthritis 11 years later. *BMC Musculoskelet Disord* **20**, 512 (2019). <https://doi.org/10.1186/s12891-019-2875-7>

Ingelsrud, L. H., Roos, E. M., Gromov, K., Jensen, S. S., & Troelsen, A. (2019). Patients report inferior quality of care for knee osteoarthritis prior to assessment for knee replacement surgery – a cross-sectional study of 517 patients in Denmark. *Acta Orthopaedica*, 91(1), 82–87. <https://doi.org/10.1080/17453674.2019.1680180>

Knudsen, A. K., Allebeck, P., Tollånes, M. C., Skogen, J. C., Iburg, K. M., McGrath, J. J., Juel, K., Agardh, E. E., Årnlöv, J., Bjørge, T., Carrero, J. J., Cederroth, C. R., Eggen, A. E., El-Khatib, Z., Ellingsen, C. L., Fereshtehnejad, S., Gissler, M., Hadkhale, K., Havmoeller, R., . . . Øverland, S. (2019). Life expectancy and disease burden in the Nordic countries: results from the Global Burden of Diseases, Injuries, and Risk Factors Study 2017. *The Lancet Public Health*, 4(12), e658–e669. [https://doi.org/10.1016/s2468-2667\(19\)30224-5](https://doi.org/10.1016/s2468-2667(19)30224-5)

Yu SP, Ferreira ML, van Middelkoop M, *et al.* Predictors of placebo response to local (intra-articular) therapy in osteoarthritis: an individual patient data meta-analysis protocol. *BMJ Open* 2019;**9**:e027372. doi: 10.1136/bmjopen-2018-027372

Ng, J.Q., Jafarov, T.H., Little, C.B. *et al.* Loss of *Grem1*-lineage chondrogenic progenitor cells causes osteoarthritis. *Nat Commun* **14**, 6909 (2023). <https://doi.org/10.1038/s41467-023-42199-1>

Zhu, Z., Yu, Q., Leng, X. *et al.* Can low-dose methotrexate reduce effusion-synovitis and symptoms in patients with mid- to late-stage knee osteoarthritis? Study protocol for a randomised, double-blind, and placebo-controlled trial. *Trials* **21**, 795 (2020). <https://doi.org/10.1186/s13063-020-04687-3>

Thirumaran AJ, Deveza LA, Atukorala I, Hunter DJ. Assessment of Pain in Osteoarthritis of the Knee. *Journal of Personalized Medicine*. 2023; 13(7):1139. <https://doi.org/10.3390/jpm13071139>

Kiadaliri, A., Dell’Isola, A., Lohmander, L.S. *et al.* Assessing the importance of predictors of adherence to a digital self-management intervention for osteoarthritis. *J Orthop Surg Res* **18**, 97 (2023). <https://doi.org/10.1186/s13018-023-03562-6>

MacLachlan LR, Mills K, Lawford BJ, Egerton T, Setchell J, Hall LM, Plinsinga ML, Besomi M, Teo PL, Eyles JP, Mellor R, Melo L, Robbins S, Hodges PW, Hunter DJ, Vincenzino B, Bennell KL

Design, Delivery, Maintenance, and Outcomes of Peer-to-Peer Online Support Groups for People With Chronic Musculoskeletal Disorders: Systematic Review
J Med Internet Res 2020;22(4):e15822

Xuan, A., Chen, H., Chen, T., Li, J., Lu, S., Fan, T., Zeng, D., Wen, Z., Ma, J., Hunter, D., Ding, C., & Zhu, Z. (2023). The application of machine learning in early diagnosis of osteoarthritis: a narrative review. *Therapeutic Advances in Musculoskeletal Disease*, 15. <https://doi.org/10.1177/1759720x231158198>

Neogi, T., Hunter, D.J., Churchill, M. *et al.* Observed efficacy and clinically important improvements in participants with osteoarthritis treated with subcutaneous tanezumab: results from a 56-week randomized NSAID-controlled study. *Arthritis Res Ther* **24**, 78 (2022). <https://doi.org/10.1186/s13075-022-02759-0>

Eyles, J. P., Sharma, S., Telles, R. W., Namane, M., Hunter, D. J., & Bowden, J. L. (2022). Implementation of Best-Evidence Osteoarthritis Care: Perspectives on challenges for, and opportunities from, Low and Middle-Income countries. *Frontiers in Rehabilitation Sciences*, 2. <https://doi.org/10.3389/fresc.2021.826765>

Lai, F.T.T., Yip, B.H.K., Hunter, D.J. *et al.* Metformin use and the risk of total knee replacement among diabetic patients: a propensity-score-matched retrospective cohort study. *Sci Rep* **12**, 11571 (2022). <https://doi.org/10.1038/s41598-022-15871-7>

Hunter, D.J., Nicolson, P.J.A., Little, C.B. *et al.* Developing strategic priorities in osteoarthritis research: Proceedings and recommendations arising from the 2017 Australian Osteoarthritis Summit. *BMC Musculoskelet Disord* **20**, 74 (2019). <https://doi.org/10.1186/s12891-019-2455-x>

Liu X, Robbins S, Wang X, *et al.* Efficacy and cost-effectiveness of Stem Cell injections for symptomatic relief and structural improvement in people with Tibiofemoral knee Osteoarthritis: protocol for a randomised placebo-controlled trial (the SCUpTOR trial). *BMJ Open* 2021;**11**:e056382. doi: 10.1136/bmjopen-2021-056382

Oo, W.M., Deveza, L.A., Duong, V. *et al.* Musculoskeletal ultrasound in symptomatic thumb-base osteoarthritis: clinical, functional, radiological and muscle strength associations. *BMC Musculoskelet Disord* **20**, 220 (2019). <https://doi.org/10.1186/s12891-019-2610-4>

van Spil, W.E., Bierma-Zeinstra, S.M.A., Deveza, L.A. *et al.* A consensus-based framework for conducting and reporting osteoarthritis phenotype research. *Arthritis Res Ther* **22**, 54 (2020). <https://doi.org/10.1186/s13075-020-2143-0>

Oo, W. M., & Hunter, D. J. (2022). Repurposed and investigational disease-modifying drugs in osteoarthritis (DMOADs). *Therapeutic Advances in Musculoskeletal Disease*, 14. <https://doi.org/10.1177/1759720x221090297>

Dório, M., Pereira, R.M.R., Luz, A.G.B. *et al.* Efficacy of platelet-rich plasma and plasma for symptomatic treatment of knee osteoarthritis: a double-blinded placebo-controlled randomized clinical trial. *BMC Musculoskelet Disord* **22**, 822 (2021). <https://doi.org/10.1186/s12891-021-04706-7>

Bailey DL, Bishop A, McCray G, *et al.* A new measure of exercise adherence: the ATEMPT (Adherence To Exercise for Musculoskeletal Pain Tool). *British Journal of Sports Medicine* 2024;**58**:73-80.

Van Berkel, A. C., Schiphof, D., Waarsing, J. H., Runhaar, J., Van Ochten, J. M., Bindels, P. J., & Bierma-Zeinstra, S. M. (2023). Nocturnal pain and fatigue in middle-aged persons with hip

symptoms suspected to be osteoarthritis, is there a link in 10-year follow-up of the CHECK study? *Osteoarthritis and Cartilage Open*, 5(3), 100363. <https://doi.org/10.1016/j.ocarto.2023.100363>

Molendijk E, Schiphof D, Oei EHG, *et al.* Accelerated menopausal changes as human disease model 'FOCUM' for the development of osteoarthritis and other degenerative disorders: protocol for a prospective cohort study. *BMJ Open* 2022;**12**:e064779. doi: 10.1136/bmjopen-2022-064779

Xiong Y, Zeng C, Doherty M, *et al.* Identifying predictors of response to oral non-steroidal anti-inflammatory drugs and paracetamol in osteoarthritis: a hypothesis-driven protocol for an OA Trial Bank individual participant data meta-analysis. *BMJ Open* 2021;**11**:e048652. doi: 10.1136/bmjopen-2021-048652

Jansen NEJ, Schiphof D, Oei E, *et al.* Effectiveness and cost-effectiveness of a combined lifestyle intervention compared with usual care for patients with early-stage knee osteoarthritis who are overweight (LITE): protocol for a randomised controlled trial. *BMJ Open* 2022;**12**:e059554. doi: 10.1136/bmjopen-2021-059554

Thissen GCE, van Middelkoop M, Colaris JW, *et al.* Subgroup effects of non-surgical and non-pharmacological treatment of patients with hand osteoarthritis: a protocol for an individual patient data meta-analysis. *BMJ Open* 2022;**12**:e057156. doi: 10.1136/bmjopen-2021-057156

Arslan, I.G., Voorbrood, V.M.I., Stitzinger, S.A.G. *et al.* Evaluation of intermediate care for knee and hip osteoarthritis: a mixed-methods study. *BMC Fam Pract* **22**, 131 (2021). <https://doi.org/10.1186/s12875-021-01474-0>

Macri EM, Hart HF, Thwaites D, Barton CJ, Crossley KM, Bierma-Zeinstra SMA, van Middelkoop M. Medical Interventions for Patellofemoral Pain and Patellofemoral Osteoarthritis: A Systematic Review. *Journal of Clinical Medicine*. 2020; 9(11):3397. <https://doi.org/10.3390/jcm9113397>

Kiadaliri, A., Magnusson, K., Turkiewicz, A., Dell'Isola, A., Runhaar, J., Bierma-Zeinstra, S., & Englund, M. (2022). Impact of the first wave of the COVID-19 pandemic on healthcare use in osteoarthritis: A population register-based study in Sweden. *Osteoarthritis and Cartilage Open*, 4(2), 100252. <https://doi.org/10.1016/j.ocarto.2022.100252>

Macri, E.M., van Middelkoop, M., Damen, J. *et al.* Higher risk of knee arthroplasty during ten-year follow-up if baseline radiographic osteoarthritis involves the patellofemoral joint: a CHECK Cohort Study. *BMC Musculoskelet Disord* **23**, 600 (2022). <https://doi.org/10.1186/s12891-022-05549-6>

Macri EM, Callaghan M, van Middelkoop M, *et al.* Effects of mechanical interventions in the management of knee osteoarthritis: protocol for an OA Trial Bank systematic review and individual participant data meta-analysis *BMJ Open* 2021;**11**:e043026. doi: 10.1136/bmjopen-2020-043026

Kamps, A., Runhaar, J., de Ridder, M.A.J. *et al.* Comorbidity in incident osteoarthritis cases and matched controls using electronic health record data. *Arthritis Res Ther* **25**, 114 (2023). <https://doi.org/10.1186/s13075-023-03086-8>

Arslan IG, Rozendaal RM, van Middelkoop M, *et al.* Quality indicators for knee and hip osteoarthritis care: a systematic review. *RMD Open* 2021;**7**:e001590. doi: 10.1136/rmdopen-2021-001590

Swain S, Kamps A, Runhaar J, *et al.* Comorbidities in osteoarthritis (ComOA): a combined cross-sectional, case–control and cohort study using large electronic health records in four European countries. *BMJ Open* 2022;**12**:e052816. doi: 10.1136/bmjopen-2021-052816

Yu SP, Ferreira ML, van Middelkoop M, *et al.* Predictors of placebo response to local (intra-articular) therapy in osteoarthritis: an individual patient data meta-analysis protocol. *BMJ Open* 2019;**9**:e027372. doi: 10.1136/bmjopen-2018-027372

Teirlinck CH, Verhagen AP, Reijneveld EAE, Runhaar J, van Middelkoop M, van Ravesteyn LM, Hermesen L, de Groot IB, Bierma-Zeinstra SMA. Responders to Exercise Therapy in Patients with Osteoarthritis of the Hip: A Systematic Review and Meta-Analysis. *International Journal of Environmental Research and Public Health*. 2020; 17(20):7380. <https://doi.org/10.3390/ijerph17207380>

Mol, M.F., Runhaar, J., Bos, P.K. *et al.* Effectiveness of intramuscular gluteal glucocorticoid injection versus intra-articular glucocorticoid injection in knee osteoarthritis: design of a multicenter randomized, 24 weeks comparative parallel-group trial. *BMC Musculoskeletal Disord* **21**, 225 (2020). <https://doi.org/10.1186/s12891-020-03255-9>

Wang, Q., Runhaar, J., Kloppenburg, M. *et al.* Diagnosis of early stage knee osteoarthritis based on early clinical course: data from the CHECK cohort. *Arthritis Res Ther* **23**, 217 (2021). <https://doi.org/10.1186/s13075-021-02598-5>

Runhaar J, Holden MA, Hattle M The OA Trial Bank Exercise Collaborative, *et al.* Mechanisms of action of therapeutic exercise for knee and hip OA remain a black box phenomenon: an individual patient data mediation study with the OA Trial Bank. *RMD Open* 2023;**9**:e003220. doi: 10.1136/rmdopen-2023-003220

Jin X, Antony B, Wang X, *et al.* Effect of vitamin D supplementation on pain and physical function in patients with knee osteoarthritis (OA): an OA Trial Bank protocol for a systematic review and individual patient data (IPD) meta-analysis. *BMJ Open* 2020;**10**:e035302. doi: 10.1136/bmjopen-2019-035302

Wang Q, Mol MF, Bos PK, *et al.* Effect of Intramuscular vs Intra-articular Glucocorticoid Injection on Pain Among Adults With Knee Osteoarthritis: The KIS Randomized Clinical Trial. *JAMA Netw Open*. 2022;5(4):e224852. doi:10.1001/jamanetworkopen.2022.4852

Paget L, Bierma-Zeinstra S, Goedegebuure S, *et al.* Platelet-Rich plasma Injection Management for Ankle osteoarthritis study (PRIMA): protocol of a Dutch multicentre, stratified, block-randomised, double-blind, placebo-controlled trial. *BMJ Open* 2019;**9**:e030961. doi: 10.1136/bmjopen-2019-030961

Haugen IK, Felson DT, Abhishek A, *et al.* Development of classification criteria for hand osteoarthritis: comparative analyses of persons with and without hand osteoarthritis. *RMD Open* 2020;**6**:e001265. doi: 10.1136/rmdopen-2020-001265

Tolk, J. J., Janssen, R. P. A., Prinsen, C. (Sanna) A. C., van der Steen, M. (Marieke) C., Bierma Zeinstra, S. M. A., & Reijman, M. (2018). Measurement properties of the OARSI core set of performancebased measures for hip osteoarthritis: a prospective cohort study on reliability, construct validity and responsiveness in 90 hip osteoarthritis patients. *Acta Orthopaedica*, 90(1), 15–20. <https://doi.org/10.1080/17453674.2018.1539567>

Teirlinck, C.H., Dorleijn, D.M.J., Bos, P.K. *et al.* Prognostic factors for progression of osteoarthritis of the hip: a systematic review. *Arthritis Res Ther* **21**, 192 (2019). <https://doi.org/10.1186/s13075-019-1969-9>

Paget L, Bierma-Zeinstra S, Goedegebuure S, *et al.* Platelet-Rich plasma Injection Management for Ankle osteoarthritis study (PRIMA): protocol of a Dutch multicentre, stratified, block-randomised, double-blind, placebo-controlled trial. *BMJ Open* 2019;**9**:e030961. doi: 10.1136/bmjopen-2019-030961

Damen, J., van Rijn, R.M., Emans, P.J. *et al.* Prevalence and development of hip and knee osteoarthritis according to American College of Rheumatology criteria in the CHECK cohort. *Arthritis Res Ther* **21**, 4 (2019). <https://doi.org/10.1186/s13075-018-1785-7>

Tiulpin, A., Klein, S., Bierma-Zeinstra, S.M.A. *et al.* Multimodal Machine Learning-based Knee Osteoarthritis Progression Prediction from Plain Radiographs and Clinical Data. *Sci Rep* **9**, 20038 (2019). <https://doi.org/10.1038/s41598-019-56527-3>

Boer, C.G., Radjabzadeh, D., Medina-Gomez, C. *et al.* Intestinal microbiome composition and its relation to joint pain and inflammation. *Nat Commun* **10**, 4881 (2019). <https://doi.org/10.1038/s41467-019-12873-4>

Bennell, K.L., Keating, C., Lawford, B.J. *et al.* Better Knee, Better Me™: effectiveness of two scalable health care interventions supporting self-management for knee osteoarthritis – protocol for a randomized controlled trial. *BMC Musculoskelet Disord* **21**, 160 (2020). <https://doi.org/10.1186/s12891-020-3166-z>

Hunter, D.J., Eyles, J., Murphy, N.J. *et al.* Multi-centre randomised controlled trial comparing arthroscopic hip surgery to physiotherapist-led care for femoroacetabular impingement (FAI) syndrome on hip cartilage metabolism: the Australian FASHIoN trial. *BMC Musculoskelet Disord* **22**, 697 (2021). <https://doi.org/10.1186/s12891-021-04576-z>

Bullock, G.S., Collins, G.S., Peirce, N. *et al.* Playing sport injured is associated with osteoarthritis, joint pain and worse health-related quality of life: a cross-sectional study. *BMC Musculoskelet Disord* **21**, 111 (2020). <https://doi.org/10.1186/s12891-020-3136-5>

Bennell, K.L., Nelligan, R.K., Kimp, A.J. *et al.* Comparison of weight bearing functional exercise and non-weight bearing quadriceps strengthening exercise on pain and function for people with knee osteoarthritis and obesity: protocol for the TARGET randomised controlled trial. *BMC Musculoskelet Disord* **20**, 291 (2019). <https://doi.org/10.1186/s12891-019-2662-5>

Safran-Norton, C.E., Sullivan, J.K., Irrgang, J.J. *et al.* A consensus-based process identifying physical therapy and exercise treatments for patients with degenerative meniscal tears and knee OA: the TeMPO physical therapy interventions and home exercise program. *BMC Musculoskelet Disord* **20**, 514 (2019). <https://doi.org/10.1186/s12891-019-2872-x>

Hinman, R.S., Nelligan, R.K., Campbell, P.K. *et al.* Exercise adherence Mobile app for Knee Osteoarthritis: protocol for the MappKO randomised controlled trial. *BMC Musculoskelet Disord* **23**, 874 (2022). <https://doi.org/10.1186/s12891-022-05816-6>

Mesa-Castrillon, C.I., Simic, M., Ferreira, M.L. *et al.* EHealth to empower patients with musculoskeletal pain in rural Australia (EMPower) a randomised clinical trial: study protocol. *BMC Musculoskelet Disord* **22**, 11 (2021). <https://doi.org/10.1186/s12891-020-03866-2>

Filbay S, Andersson C, Gauffin H, Kvist J. Prognostic Factors for Patient-Reported Outcomes at 32 to 37 Years After Surgical or Nonsurgical Management of Anterior Cruciate Ligament Injury. *Orthopaedic Journal of Sports Medicine*. 2021;9(8). doi:[10.1177/23259671211021592](https://doi.org/10.1177/23259671211021592)

Michell A, Besomi M, Seron P, Voigt M, Cubillos R, Parada-Hernández F, Urrejola O, Ferreira-Pacheco TB, de Oliveira-Silva D, Bianca Aily J, Moreno-Collazos JE, Pinzón-Ríos ID, Aguirre-Aguirre CL, Hinman RS, Bennell KL, Russell TG. Implementation of physiotherapy telerehabilitation before and post Covid-19 outbreak: A comparative narrative between South American countries and Australia. *Salud Publica Mex* [Internet]. 13 de junio de 2022 [citado 9 de febrero de 2025];64:S31-S39. Disponible en: <https://www.saludpublica.mx/index.php/spm/article/view/13160>

Shah, K., Furniss, D., Collins, G.S. *et al.* Cricket related hand injury is associated with increased odds of hand pain and osteoarthritis. *Sci Rep* **10**, 16775 (2020). <https://doi.org/10.1038/s41598-020-73586-z>

Teo, P.L., Hinman, R.S., Egerton, T. *et al.* Patient-reported quality indicators to evaluate physiotherapy care for hip and/or knee osteoarthritis- development and evaluation of the QUIPA tool. *BMC Musculoskelet Disord* **21**, 202 (2020). <https://doi.org/10.1186/s12891-020-03221-5>

Bennell, K.L., Jones, S.E., Hinman, R.S. *et al.* Effectiveness of a telehealth physiotherapist-delivered intensive dietary weight loss program combined with exercise in people with knee

osteoarthritis and overweight or obesity: study protocol for the POWER randomized controlled trial. *BMC Musculoskelet Disord* **23**, 733 (2022). <https://doi.org/10.1186/s12891-022-05685-z>

Paterson, K.L., Hinman, R.S., Metcalf, B.R. *et al.* Foot orthoses for first metatarsophalangeal joint osteoarthritis: study protocol for the FORT randomised controlled trial. *BMC Musculoskelet Disord* **21**, 830 (2020). <https://doi.org/10.1186/s12891-020-03809-x>

Barry Walsh C, Cahalan R, Hinman RS, O' Sullivan K (2022) Psychometric properties of performance-based measures of physical function administered via telehealth among people with chronic conditions: A systematic review. *PLoS ONE* 17(9): e0274349. <https://doi.org/10.1371/journal.pone.0274349>

Starkey S, Hinman R, Paterson K, Saxby D, Knox G, Hall M (2022) Tibiofemoral contact force differences between flat flexible and stable supportive walking shoes in people with varus-malaligned medial knee osteoarthritis: A randomized cross-over study. *PLoS ONE* 17(6): e0269331. <https://doi.org/10.1371/journal.pone.0269331>

Lawford, B. J., Bennell, K. L., Hall, M., Egerton, T., McManus, F., Lamb, K. E., & Hinman, R. S. (2022). Effect of information content and general practitioner recommendation to exercise on treatment beliefs and intentions for knee osteoarthritis: an online Multi-Arm randomized controlled trial. *ACR Open Rheumatology*, 5(1), 17–27. <https://doi.org/10.1002/acr2.11513>

Silva, M. D. C., Perriman, D. M., Fearon, A. M., Tait, D., Spencer, T. J., Walton-Sonda, D., Simic, M., Hinman, R. S., Bennell, K. L., & Scarsvell, J. M. (2022). Effects of neuromuscular gait modification strategies on indicators of knee joint load in people with medial knee osteoarthritis: A systematic review and meta-analysis. *PLoS ONE*, 17(9), e0274874. <https://doi.org/10.1371/journal.pone.0274874>

Stanton, T.R., Braithwaite, F.A., Butler, D. *et al.* The EPIPHA-KNEE trial: Explaining Pain to target unhelpful pain beliefs to Increase Physical Activity in KNEE osteoarthritis – a protocol for a multicentre, randomised controlled trial with clinical- and cost-effectiveness analysis. *BMC Musculoskelet Disord* **22**, 738 (2021). <https://doi.org/10.1186/s12891-021-04561-6>

Hall, M., Starkey, S., Hinman, R. S., Diamond, L. E., Lenton, G. K., Knox, G., Pizzolato, C., & Saxby, D. J. (2022). Effect of a valgus brace on medial tibiofemoral joint contact force in knee osteoarthritis with varus malalignment: A within-participant cross-over randomised study with an uncontrolled observational longitudinal follow-up. *PLoS ONE*, 17(6), e0257171. <https://doi.org/10.1371/journal.pone.0257171>

Hall, M., Allison, K., Hinman, R.S. *et al.* Effects of adding aerobic physical activity to strengthening exercise on hip osteoarthritis symptoms: protocol for the PHOENIX randomised controlled trial. *BMC Musculoskelet Disord* **23**, 361 (2022). <https://doi.org/10.1186/s12891-022-05282-0>

Hall, M., Hinman, R.S., Knox, G. *et al.* Effects of adding a diet intervention to exercise on hip osteoarthritis pain: protocol for the ECHO randomized controlled trial. *BMC Musculoskeletal Disord* **23**, 215 (2022). <https://doi.org/10.1186/s12891-022-05128-9>

Joseph, K.-L., Dagfinrud, H., Hagen, K. B., Nördén, K. R., Fongen, C., Wold, O.-M., ... Tveter, A. T. (2023). Adherence to a Web-based Exercise Programme: A Feasibility Study Among Patients with Hip or Knee Osteoarthritis. *Journal of Rehabilitation Medicine*, 55, jrm7139. <https://doi.org/10.2340/jrm.v55.7139>

Diamond, L. E., Barrett, R. S., Modenese, L., Anderson, A. E., & Hall, M. (2021). Editorial: Neuromechanics of hip Osteoarthritis. *Frontiers in Sports and Active Living*, 3. <https://doi.org/10.3389/fspor.2021.788263>

Taylor WJ, Willink R, O'Connor DA, Patel V, Bourne A, Harris IA, et al. (2023) Which clinical research questions are the most important? Development and preliminary validation of the Australia & New Zealand Musculoskeletal (ANZMUSC) Clinical Trials Network Research Question Importance Tool (ANZMUSC-RQIT). *PLoS ONE* 18(3): e0281308. <https://doi.org/10.1371/journal.pone.0281308>

Uritani D, Campbell PK, Metcalf B, Egerton T (2022) A comparison of psychological characteristics in people with knee osteoarthritis from Japan and Australia: A cross-sectional study. *PLoS ONE* 17(5): e0267877. <https://doi.org/10.1371/journal.pone.0267877>

Nelligan, R.K., Hinman, R.S., Egerton, T. *et al.* Effects of a Massive Open Online Course on osteoarthritis knowledge and pain self-efficacy in people with hip and/or knee osteoarthritis: protocol for the MOOC-OA randomised controlled trial. *BMC Musculoskeletal Disord* **24**, 381 (2023). <https://doi.org/10.1186/s12891-023-06467-x>

Paterson, K.L., Bennell, K.L., Metcalf, B.R. *et al.* Shoes for self-managing chronic hip Pain: the SCHIPP randomized clinical trial protocol. *BMC Musculoskeletal Disord* **24**, 141 (2023). <https://doi.org/10.1186/s12891-023-06235-x>

Hall, M., Dobson, F., Klyne, D.M. *et al.* Neurobiology of osteoarthritis: a systematic review and activation likelihood estimation meta-analysis. *Sci Rep* **13**, 12442 (2023). <https://doi.org/10.1038/s41598-023-39245-9>

Bennell K, Nelligan RK, Schwartz S, Kasza J, Kimp A, Crofts SJ, Hinman RS. Behavior Change Text Messages for Home Exercise Adherence in Knee Osteoarthritis: Randomized Trial. *J Med Internet Res* 2020;22(9):e21749

Wang Y, Zhang Y, Bennell K, White DK, Wei J, Wu Z, He H, Liu S, Luo X, Hu S, Zeng C, Lei G. Physical Distancing Measures and Walking Activity in Middle-aged and Older Residents in Changsha, China, During the COVID-19 Epidemic Period: Longitudinal Observational Study. *J Med Internet Res* 2020;22(10):e21632

Hinman, R.S., Kimp, A.J., Campbell, P.K. *et al.* Technology versus tradition: a non-inferiority trial comparing video to face-to-face consultations with a physiotherapist for people with

knee osteoarthritis. Protocol for the PEAK randomised controlled trial. *BMC Musculoskeletal Disord* **21**, 522 (2020). <https://doi.org/10.1186/s12891-020-03523-8>

Maniar, N., Verhagen, E., Bryant, A. L., & Opar, D. A. (2022). Trends in Australian knee injury rates: An epidemiological analysis of 228,344 knee injuries over 20 years. *The Lancet Regional Health - Western Pacific*, *21*, 100409. <https://doi.org/10.1016/j.lanwpc.2022.100409>

Bennell, K. L., Bayram, C., Harrison, C., Brand, C., Buchbinder, R., Haas, R., & Hinman, R. S. (2021). Trends in management of hip and knee osteoarthritis in general practice in Australia over an 11-year window: a nationwide cross-sectional survey. *The Lancet Regional Health - Western Pacific*, *12*, 100187. <https://doi.org/10.1016/j.lanwpc.2021.100187>

Nelligan RK, Hinman RS, Teo PL, Bennell KL Exploring Attitudes and Experiences of People With Knee Osteoarthritis Toward a Self-Directed eHealth Intervention to Support Exercise: Qualitative Study. *JMIR Rehabil Assist Technol* 2020;7(2):e18860

Teo PL, Bennell KL, Lawford B, *et al*. Patient experiences with physiotherapy for knee osteoarthritis in Australia—a qualitative study. *BMJ Open* 2021;**11**:e043689. doi: 10.1136/bmjopen-2020-043689

Uritani, D., Kasza, J., Campbell, P.K. *et al*. The association between psychological characteristics and physical activity levels in people with knee osteoarthritis: a cross-sectional analysis. *BMC Musculoskeletal Disord* **21**, 269 (2020). <https://doi.org/10.1186/s12891-020-03305-2>

Nelligan, R.K., Hinman, R.S., Kasza, J. *et al*. Effectiveness of internet-delivered education and home exercise supported by behaviour change SMS on pain and function for people with knee osteoarthritis: a randomised controlled trial protocol. *BMC Musculoskeletal Disord* **20**, 342 (2019). <https://doi.org/10.1186/s12891-019-2714-x>

Egerton T, Lawford BJ, Campbell PK, Plinsinga ML, Spiers L, Mackenzie DA, Graham B, Mills K, Eyles J, Knox G, Metcalf B, Maclachlan LR, Besomi M, Dickson C, Abraham C, Vicenzino B, Hodges PW, Hunter DJ, Bennell KL. Expert-Moderated Peer-to-Peer Online Support Group for People With Knee Osteoarthritis: Mixed Methods Randomized Controlled Pilot and Feasibility Study. *JMIR Form Res* 2022;6(1):e32627

Maclachlan LR, Mills K, Lawford BJ, Egerton T, Setchell J, Hall LM, Plinsinga ML, Besomi M, Teo PL, Eyles JP, Mellor R, Melo L, Robbins S, Hodges PW, Hunter DJ, Vicenzino B, Bennell KL. Design, Delivery, Maintenance, and Outcomes of Peer-to-Peer Online Support Groups for People With Chronic Musculoskeletal Disorders: Systematic Review. *J Med Internet Res* 2020;22(4):e15822

Plinsinga ML, Besomi M, Maclachlan L, Melo L, Robbins S, Lawford BJ, Teo PL, Mills K, Setchell J, Egerton T, Eyles J, Hall L, Mellor R, Hunter DJ, Hodges P, Vicenzino B, Bennell K. Exploring the Characteristics and Preferences for Online Support Groups: Mixed Method Study. *J Med Internet Res* 2019;21(12):e15987

Hunter, D.J., Nicolson, P.J.A., Little, C.B. *et al.* Developing strategic priorities in osteoarthritis research: Proceedings and recommendations arising from the 2017 Australian Osteoarthritis Summit. *BMC Musculoskelet Disord* **20**, 74 (2019). <https://doi.org/10.1186/s12891-019-2455-x>

Collins NJ, Tan JM, Menz HB, *et al.* The FOOTPATH study: protocol for a multicentre, participant- and assessor-blind, parallel group randomised clinical trial of foot orthoses for patellofemoral osteoarthritis. *BMJ Open* 2019;**9**:e025315. doi: 10.1136/bmjopen-2018-025315

Jorge AES, Bennell KL, Kimp AJ, Campbell PK, Hinman RS. An e-Learning Program for Physiotherapists to Manage Knee Osteoarthritis Via Telehealth During the COVID-19 Pandemic: Real-World Evaluation Study Using Registration and Survey Data. *JMIR Med Educ* 2021;**7**(4):e30378

Nelligan, R.K., Hinman, R.S., Kasza, J. *et al.* Effect of a short message service (SMS) intervention on adherence to a physiotherapist-prescribed home exercise program for people with knee osteoarthritis and obesity: protocol for the ADHERE randomised controlled trial. *BMC Musculoskelet Disord* **20**, 428 (2019). <https://doi.org/10.1186/s12891-019-2801-z>

Wang, X., Urban, H., Bennell, K.L. *et al.* My joint pain, a web-based resource, effects on education and quality of care at 24 months. *BMC Musculoskelet Disord* **21**, 79 (2020). <https://doi.org/10.1186/s12891-020-3074-2>

Paterson, K. L., Hinman, R. S., Menz, H. B., & Bennell, K. L. (2020). Management of first metatarsophalangeal joint osteoarthritis by physical therapists and podiatrists in Australia and the United Kingdom: a cross-sectional survey of current clinical practice. *Journal of Foot and Ankle Research*, *13*(1). <https://doi.org/10.1186/s13047-020-0382-6>

Merolli M, Hinman RS, Lawford BJ, Choo D, Gray K. Digital Health Interventions in Physiotherapy: Development of Client and Health Care Provider Survey Instruments. *JMIR Res Protoc* 2021;**10**(7):e25177 doi: 10.2196/25177

Egerton T, Hinman RS, Hunter DJ, *et al.* PARTNER: a service delivery model to implement optimal primary care management of people with knee osteoarthritis: description of development. *BMJ Open* 2020;**10**:e040423. doi: 10.1136/bmjopen-2020-040423

Merolli M, Francis JJ, Vallance P, Bennell KL, Malliaras P, Hinman RS. Patient-Facing Mobile Apps to Support Physiotherapy Care: Protocol for a Systematic Review of Apps Within App Stores. *JMIR Res Protoc* 2021;**10**(12):e29047

Egerton, T., Bolton, J., Short, C.E. *et al.* Exploring changes, and factors associated with changes, in behavioural determinants from a low-cost, scalable education intervention about knee osteoarthritis: An observational cohort study. *BMC Musculoskelet Disord* **22**, 862 (2021). <https://doi.org/10.1186/s12891-021-04751-2>

Groves-Williams D, McHugh GA, Bennell KL, et al. Evaluation of two electronic-rehabilitation programmes for persistent knee pain: protocol for a randomised feasibility trial. *BMJ Open* 2022;12:e063608. doi: 10.1136/bmjopen-2022-063608

Bowden JL, Egerton T, Hinman RS, et al. Protocol for the process and feasibility evaluations of a new model of primary care service delivery for managing pain and function in patients with knee osteoarthritis (PARTNER) using a mixed methods approach. *BMJ Open* 2020;10:e034526. doi: 10.1136/bmjopen-2019-034526

Paterson KL, Bennell KL, Metcalf BR, et al. Effect of motion control versus neutral walking footwear on pain associated with lateral tibiofemoral joint osteoarthritis: a comparative effectiveness randomised clinical trial. *BMJ Open* 2022;12:e061627. doi: 10.1136/bmjopen-2022-061627

Bullock, G. S., Nicholson, K. F., Waterman, B. R., Niesen, E., Salamh, P., Thigpen, C. A., Shanley, E., Devaney, L. L., Tokish, J. M., Collins, G. S., Arden, N. K., & Filbay, S. R. (2021). Persistent joint pain and arm function in former baseball players. *JSES International*, 5(5), 912–919. <https://doi.org/10.1016/j.jseint.2021.05.001>

Kayll, S. A., Hinman, R. S., Bennell, K. L., Bryant, A. L., Rowe, P. L., & Paterson, K. L. (2022). The effect of biomechanical foot-based interventions on patellofemoral joint loads during gait in adults with and without patellofemoral pain or osteoarthritis: a systematic review protocol. *Journal of Foot and Ankle Research*, 15(1). <https://doi.org/10.1186/s13047-022-00596-7>

Nelligan RK, Hinman RS, McManus F, Lamb KE, Bennell KL
Moderators of the Effect of a Self-directed Digitally Delivered Exercise Program for People With Knee Osteoarthritis: Exploratory Analysis of a Randomized Controlled Trial
J Med Internet Res 2021;23(10):e30768
doi: [10.2196/30768](https://doi.org/10.2196/30768)

Nelligan RK, Hinman RS, McManus F, Lamb KE, Bennell KL
Moderators of the Effect of a Self-directed Digitally Delivered Exercise Program for People With Knee Osteoarthritis: Exploratory Analysis of a Randomized Controlled Trial
J Med Internet Res 2021;23(10):e30768
doi: [10.2196/30768](https://doi.org/10.2196/30768)

Joseph, K.L., Dagfinrud, H., Hagen, K.B. *et al.* The AktiWeb study: feasibility of a web-based exercise program delivered by a patient organisation to patients with hip and/or knee osteoarthritis. *Pilot Feasibility Stud* 8, 150 (2022). <https://doi.org/10.1186/s40814-022-01110-3>

Lawford B, Hinman RS, Jones S, *et al.* ‘The fact that I know I can do it is quite a motivator now’: a qualitative study exploring experiences maintaining weight loss 6 months after completing a weight loss programme for knee osteoarthritis. *BMJ Open* 2023;13:e068157. doi: 10.1136/bmjopen-2022-068157

Knoop, J., Ostelo, R.W.J.G., van der Esch, M. *et al.* Construct validity of the OCTOPuS stratification algorithm for allocating patients with knee osteoarthritis into subgroups. *BMC Musculoskelet Disord* **22**, 633 (2021). <https://doi.org/10.1186/s12891-021-04485-1>

Haber T, Hinman RS, Dobson F, *et al.* How do middle-aged and older adults with chronic hip pain view their health problem and its care? A protocol for a systematic review and qualitative evidence synthesis. *BMJ Open* 2021;**11**:e053084. doi: 10.1136/bmjopen-2021-053084

Paterson, K.L., Bennell, K.L., Metcalf, B.R. *et al.* Footwear for osteoarthritis of the lateral knee: protocol for the FOLK randomised controlled trial. *BMC Musculoskelet Disord* **21**, 247 (2020). <https://doi.org/10.1186/s12891-020-03275-5>

Modarresi, S., Pearson, N., Madden, K., Bennell, K. L., Fahnestock, M., Neogi, T., & Carlesso, L. C. (2023). Pain Informed Movement for people with knee osteoarthritis: Protocol for a pilot randomized controlled trial. *Osteoarthritis and Cartilage Open*, 5(4), 100402. <https://doi.org/10.1016/j.ocarto.2023.100402>

Bennell, K.L., Nelligan, R.K., Hall, M. *et al.* A self-directed digital exercise program for hip osteoarthritis (“My Hip Exercise”): protocol for a randomised controlled trial. *BMC Musculoskelet Disord* **24**, 906 (2023). <https://doi.org/10.1186/s12891-023-07009-1>

Ferreira, M. L., Hunter, D. J., Fu, A., Raihana, S., Urquhart, D., & Ferreira, P. H. (2024). Come rain or shine: Is weather a risk factor for musculoskeletal pain? A systematic review with meta-analysis of case-crossover studies. *Seminars in Arthritis and Rheumatism*, 65, 152392. <https://doi.org/10.1016/j.semarthrit.2024.152392>

Holden, M., Metcalf, B., Lawford, B., Hinman, R., Boyd, M., Button, K., Collins, N., Cottrell, E., Henrotin, Y., Larsen, J., Master, H., Skou, S., Thoma, L., Rydz, R., Wellsandt, E., White, D., & Bennell, K. (2022). Recommendations for the delivery of therapeutic exercise for people with knee and/or hip osteoarthritis. An international consensus study from the OARSI Rehabilitation Discussion Group. *Osteoarthritis and Cartilage*, 31(3), 386–396. <https://doi.org/10.1016/j.joca.2022.10.009>

Moseng, T., Vlieland, T. P. M. V., Battista, S., Beckwée, D., Boyadzhieva, V., Conaghan, P. G., Costa, D., Doherty, M., Finney, A. G., Georgiev, T., Gobbo, M., Kennedy, N., Kjekken, I., Kroon, F. P. B., Lohmander, L. S., Lund, H., Mallen, C. D., Pavelka, K., Pitsillidou, I. A., . . . Østerås, N. (2024). EULAR recommendations for the non-pharmacological core management of hip and knee osteoarthritis: 2023 update. *Annals of the Rheumatic Diseases*, 83(6), 730–740. <https://doi.org/10.1136/ard-2023-225041>

McAlindon, T., Bannuru, R., Sullivan, M., Arden, N., Berenbaum, F., Bierma-Zeinstra, S., Hawker, G., Henrotin, Y., Hunter, D., Kawaguchi, H., Kwoh, K., Lohmander, S., Rannou, F., Roos, E., & Underwood, M. (2014). OARSI guidelines for the non-surgical management of knee osteoarthritis. *Osteoarthritis and Cartilage*, 22(3), 363–388. <https://doi.org/10.1016/j.joca.2014.01.003>

Kloppenburg, M., Kroon, F. P., Blanco, F. J., Doherty, M., Dziedzic, K. S., Greibrokk, E., Haugen, I. K., Herrero-Beaumont, G., Jonsson, H., Kjekshus, I., Maheu, E., Ramonda, R., Ritt, M. J., Smeets, W., Smolen, J. S., Stamm, T. A., Szekanecz, Z., Wittoek, R., & Carmona, L. (2018). 2018 update of the EULAR recommendations for the management of hand osteoarthritis. *Annals of the Rheumatic Diseases*, 78(1), 16–24. <https://doi.org/10.1136/annrheumdis-2018-213826>

Osthoff, A. R., Niedermann, K., Braun, J., Adams, J., Brodin, N., Dagfinrud, H., Duruoz, T., Esbensen, B. A., Günther, K., Hurkmans, E., Juhl, C. B., Kennedy, N., Kiltz, U., Knittle, K., Nurmohamed, M., Pais, S., Severijns, G., Swinnen, T. W., Pitsillidou, I. A., . . . Vlieland, T. P. M. V. (2018). 2018 EULAR recommendations for physical activity in people with inflammatory arthritis and osteoarthritis. *Annals of the Rheumatic Diseases*, 77(9), 1251–1260. <https://doi.org/10.1136/annrheumdis-2018-213585>

Kolasinski, S. L., Neogi, T., Hochberg, M. C., Oatis, C., Guyatt, G., Block, J., Callahan, L., Copenhaber, C., Dodge, C., Felson, D., Gellar, K., Harvey, W. F., Hawker, G., Herzig, E., Kwoh, C. K., Nelson, A. E., Samuels, J., Scanzello, C., White, D., . . . Reston, J. (2020). 2019 American College of Rheumatology/Arthritis Foundation Guideline for the Management of Osteoarthritis of the hand, hip, and knee. *Arthritis & Rheumatology*, 72(2), 220–233. <https://doi.org/10.1002/art.41142>

National Institute for Health and Care Excellence. Osteoarthritis in over 16s: diagnosis and management. NG226. October 2022. Available from: <https://www.nice.org.uk/guidance/ng226>

Glucosamine, chondroitin for osteoarthritis pain | Arthritis Foundation. (n.d.). <https://www.arthritis.org/health-wellness/treatment/complementary-therapies/supplements-and-vitamins/glucosamine-chondroitin-osteoarthritis-pain>

Prolotherapy for osteoarthritis. (n.d.). <https://www.arthritis.org/diseases/more-about/prolotherapy-for-osteoarthritis>

Osteoarthritis and Falls | Arthritis Foundation. (n.d.). <https://www.arthritis.org/health-wellness/healthy-living/managing-pain/joint-protection/osteoarthritis-and-falls>

Best climate for arthritis Patients: Humidity's impact on your joints. (n.d.). <https://www.arthritis.org/health-wellness/healthy-living/managing-pain/understanding-pain/best-climate-for-arthritis>

Microbiome's role in osteoarthritis | Arthritis Foundation. (n.d.). <https://www.arthritis.org/diseases/more-about/microbiomes-role-in-osteoarthritis>

How to choose the right supplements for arthritis. (n.d.). <https://www.arthritis.org/health-wellness/treatment/complementary-therapies/supplements-and-vitamins/choosing-supplements-wisely>

Weather-Arthritis Connection | Arthritis Foundation. (n.d.). <https://www.arthritis.org/health-wellness/healthy-living/managing-pain/understanding-pain/weather-arthritis-connection>

How to find the right bike. (n.d.). <https://www.arthritis.org/health-wellness/healthy-living/physical-activity/other-activities/how-to-find-the-right-bike>

Learn why osteoarthritis could be risky to your heart! (n.d.). <https://www.arthritis.org/health-wellness/about-arthritis/related-conditions/other-diseases/osteoarthritis-could-be-risky-to-your-heart>

Supplement and herb guide for arthritis symptoms | Arthritis Foundation. (n.d.). <https://www.arthritis.org/health-wellness/treatment/complementary-therapies/supplements-and-vitamins/supplement-and-herb-guide-for-arthritis-symptoms>

Vitamins and minerals for arthritis. (n.d.). <https://www.arthritis.org/health-wellness/treatment/complementary-therapies/supplements-and-vitamins/vitamin-and-mineral-guide-for-arthritis>

Going through menopause with arthritis | Arthritis Foundation. (n.d.). <https://www.arthritis.org/health-wellness/healthy-living/family-relationships/family-planning/menopause-with-a-rheumatic-disease>

Osteoarthritis and sleep. (n.d.). <https://www.arthritis.org/health-wellness/healthy-living/managing-pain/fatigue-sleep/osteoarthritis-and-sleep>

Musculoskeletal Australia. (2018). *Driving can be painful and exhausting if you have arthritis or a musculoskeletal condition.* <https://muscha.org/wp-content/uploads/2019/11/Driving-with-more-comfort.pdf>

Musculoskeletal Australia. (2018). *Aids and equipment to help you manage arthritis and musculoskeletal conditions.* <https://muscha.org/wp-content/uploads/2019/11/Making-life-easier.pdf>

Musculoskeletal Australia. (2023). *Bursitis your questions answered.* https://muscha.org/wp-content/uploads/2023/11/Bursitis_2023.pdf

Musculoskeletal Australia. (2018). *Complementary and alternative treatments.* <https://muscha.org/wp-content/uploads/2019/11/Complementary-therapies.pdf>

Musculoskeletal Australia. (2018). *Baker's cyst.* <https://muscha.org/wp-content/uploads/2019/11/Bakers-cyst.pdf>

Musculoskeletal Australia. (n.d.). *Sleep and pain: Your questions answered.* <https://muscha.org/wp-content/uploads/2024/02/Sleep.pdf>

Musculoskeletal Australia. (n.d.). *Quit smoking*. <https://muscha.org/wp-content/uploads/2024/02/Sleep.pdf>

Musculoskeletal Australia. (2023). *Stem cells and OA your questions answered*. <https://muscha.org/wp-content/uploads/2024/02/Stem-cells-and-OA.pdf>

Musculoskeletal Australia. (2023). *Your guide to travelling*. <https://muscha.org/wp-content/uploads/2024/02/Travelling.pdf>

Baker Heart & Diabetes Institute. (2024). *Eating out*. <https://www.baker.edu.au/-/media/documents/fact-sheets/baker-institute-factsheet-eating-out.pdf>

Public Health England. (2018). *The Eatwell Guide helping you eat a healthy, balance diet*. https://assets.publishing.service.gov.uk/media/5ba8a50540f0b605084c9501/Eatwell_Guide_booklet_2018v4.pdf

National Health and Medical Research Council. (2013). *Australian Dietary Guidelines*. <https://www.nhmrc.gov.au/guidelines-publications/n55>

Arthritis Australia, Indegene Australia Pty Ltd, Hunter, D., Bird, P., deKroo, T., Marabani, M., McQuade, J., Nash, P., Nguyen, J., & Youssef, P. (2009). *Taking control of your Osteoarthritis*. <https://arthritisaustralia.com.au/wordpress/wp-content/uploads/2017/09/Osteoarthritis-WEB-2015.pdf>

Keele University. (2023). *Osteoarthritis and you...* <https://keele.health/wp-content/uploads/2022/11/What-is-Osteoarthritis-A4-FINAL.pdf>

Keele University. (2022). *A guide for people who have osteoarthritis*. <https://www.keele.health/osteoarthritis-resources/>

Ackerman, I., Gorelik, A., Berkovic, D., Buchbinder, R. (2024). The Future Burden of Arthritis in Australia: Projections to the year 2040. In Arthritis Australia, *Report Prepared for Arthritis Australia*. <https://www.arthritisaustralia.com.au/wp-content/uploads/2024/02/Report.pdf>

Ackerman, I. N., Bohensky, M. A., Pratt, C., Gorelik, A., Liew, D. (2016). COUNTING THE COST: PART 1 HEALTHCARE COSTS. In Arthritis Australia, *Arthritis Australia*. https://arthritisaustralia.com.au/wordpress/wp-content/uploads/2017/09/Final-Counting-the-Costs_Part1_MAY2016.pdf

Martin, L., McDonald, G., Larssen, K. K., McDonald, G., Briggs, A., Whitfort, T., Brooks, P., & Relf, I. (2013). *A problem worth solving*. Arthritis and Osteoporosis Victoria. <https://muscha.org/wp-content/uploads/2018/07/APWS.pdf>

Commonwealth of Australia & Department of Health. (2019). The National Strategic Action Plan for Arthritis. In Arthritis Australia, *NATIONAL STRATEGIC ACTION PLAN FOR ARTHRITIS*. <https://arthritisaustralia.com.au/wordpress/wp-content/uploads/2019/03/2019-National-Strategic-Action-Plan-for-Arthritis.pdf>

Winton Centre for Risk and Evidence Communication, NHS England, Versus Arthritis, British Orthopaedic Association (BOA), Arthritis and Musculoskeletal Alliance (ARMA), British Hip Society, Chartered Society of Physiotherapy (CSP). (2022). *Making a decision about hip osteoarthritis*. <https://www.england.nhs.uk/wp-content/uploads/2022/07/Making-a-decision-about-hip-osteoarthritis.pdf>

Winton Centre for Risk and Evidence Communication, NHS England, Versus Arthritis, British Orthopaedic Association (BOA), Arthritis and Musculoskeletal Alliance (ARMA), British Hip Society, Chartered Society of Physiotherapy (CSP), National Institute for Health and Care Excellence (NICE) (Apos only). (2024). *Knee osteoarthritis Decision aid*. <https://www.england.nhs.uk/wp-content/uploads/2023/07/making-a-decision-about-knee-osteoarthritis-v1.pdf.pdf>

Australian Commission on Safety and Quality in Health Care. (2024). *Osteoarthritis of the knee*. <https://www.safetyandquality.gov.au/sites/default/files/2024-08/osteoarthritis-knee-clinical-care-standard-2024.pdf?>

Michaleff, Z. (2020) *RACGP - Water-based exercise for knee and hip osteoarthritis*. <https://www.racgp.org.au/clinical-resources/clinical-guidelines/handi/patient-resources/managing-osteoarthritis/water-based-exercise-for-knee-and-hip-osteoarthrit>

Michaleff, Z. (2021) *RACGP – Walking aid for knee or hip osteoarthritis*. <https://www.racgp.org.au/clinical-resources/clinical-guidelines/handi/patient-resources/managing-osteoarthritis/walking-aid-for-knee-or-hip-osteoarthritis>

Michaleff, Z. (2021) *RACGP – Walking aid for knee or hip osteoarthritis*. <https://www.racgp.org.au/clinical-resources/clinical-guidelines/handi/patient-resources/managing-osteoarthritis/walking-aid-for-knee-or-hip-osteoarthritis>

The Royal Australian College of General Practitioners. (2013). *Taping: knee osteoarthritis*. <https://www.racgp.org.au/getattachment/bf89e144-4bc8-45c5-b88d-7e74c78df207/Knee-taping-for-osteoarthritis.aspx>

The Royal Australian College of General Practitioners. (2013). *Education about joint protection strategies: hand osteoarthritis*. <https://www.racgp.org.au/getattachment/bf89e144-4bc8-45c5-b88d-7e74c78df207/Knee-taping-for-osteoarthritis.aspx>

The Royal Australian College of General Practitioners. (2016). *Aquatic exercise: knee and hip osteoarthritis*. <https://www.racgp.org.au/getattachment/f7dcca8-b85b-489f-b80a-e63c344ed62f/Aquatic-exercise-for-knee-and-hip-osteoarthritis.aspx>

The Royal Australian College of General Practitioners. (2016). *Splints: hand osteoarthritis (OA)*. <https://www.racgp.org.au/getattachment/6093d8db-7d52-4804-b65a-325aec106cbc/Splints-for-the-reduction-of-pain-from-hand-osteoarthritis.aspx>

Musculoskeletal Australia. (2020). *Diet*. <https://muscha.org/wp-content/uploads/2022/08/Diet.pdf>

Versus Arthritis. (2021). *Hand osteoarthritis: do female hormones play a part?* <https://versusarthritis.org/news/2021/october/hand-osteoarthritis-do-female-hormones-play-a-part/>

Versus Arthritis. (2020). Osteoarthritis of the elbow and shoulder. In *Osteoarthritis of the Elbow and Shoulder Information Booklet*. <https://versusarthritis.org/media/22725/osteoarthritis-of-the-elbow-and-shoulder-information-booklet.pdf>

Versus Arthritis. (2020). *Osteoarthritis of the knee*. <https://www.versusarthritis.org/media/24020/osteoarthritis-of-the-knee-august2021.pdf>

Versus Arthritis. (2019). Osteoarthritis. <https://www.versusarthritis.org/media/22908/osteoarthritis-information-booklet.pdf>

Versus Arthritis. (2020). Osteoarthritis of the spine. In *Osteoarthritis of the Spine Information Booklet*. <https://versusarthritis.org/media/22727/osteoarthritis-of-the-spine-information-booklet.pdf>

Versus Arthritis. (2020). Osteoarthritis of the hand and wrist. <https://www.versusarthritis.org/media/23187/osteoarthritis-of-the-hand-and-wrist-information-booklet-2021.pdf>

Versus Arthritis. (2020). Osteoarthritis of the hip. In *Osteoarthritis of the Hip Information Booklet*. <https://versusarthritis.org/media/22728/osteoarthritis-of-the-hip-information-booklet.pdf>

Versus Arthritis. (2020). *Osteoarthritis of the foot and ankle*. <https://versusarthritis.org/media/22818/osteoarthritis-of-the-foot-and-ankle-information-booklet.pdf>

Keele University. (2022). *Osteoarthritis a brief guide for patients – joint pain*. <https://keele.health/wp-content/uploads/2022/12/Blue-OA-guidebook-short-version-2022.pdf>

Holden, M., Metcalf, B., Lawford, B., Hinman, R., Boyd, M., Button, K., Collins, N., Cottrell, E., Henrotin, Y., Larsen, J., Master, H., Skou, S., Thoma, L., Rydz, R., Wellsandt, E., White, D., & Bennell, K. (2022). Recommendations for the delivery of therapeutic exercise for people with knee and/or hip osteoarthritis. An international consensus study from the OARSI Rehabilitation Discussion Group. *Osteoarthritis and Cartilage*, 31(3), 386–396. <https://doi.org/10.1016/j.joca.2022.10.009>

Arthritis Australia, Crossley, L., Favorito, W., Graf, S., Gill, T., Lowe, J., Proudman, S., & Rayner, J. (2019). *At home with Arthritis*. https://arthritisaustralia.com.au/wordpress/wp-content/uploads/2019/09/AA-AT-HOME-A5-WEB_Sept-2019.pdf

Whittle, S., Kwietek, R., Berryman, C., Guymer, E., Nicholas, M., Hope, J., Lee, R.M., Geogh, S., Arthritis Australia, & O'Reilly, B. (2023). Taking control of your pain in Arthritis. In Australian Rheumatology Association, *Arthritis Australia*. https://arthritisaustralia.com.au/wordpress/wp-content/uploads/2023/07/3040-Taking-control-of-your-pain-in-Arthritis_web-version2.pdf

Arthritis Australia. (2021). Glucosamine and chondroitin. In *Arthritis Information Sheet*. <https://arthritisaustralia.com.au/wordpress/wp-content/uploads/2024/06/4042-AA-Info-Sheet-Glucosamine-and-Chondroitin-AA037-06-24-ISS1-1.pdf>

Arthritis Queensland. (2023). *Navigating Change: Exploring the menopause and arthritis connection*. <https://www.arthritis.org.au/arthritis/arthritis-insights/living-with-arthritis/navigating-change-exploring-the-menopause-and-arthritis-connection/>

Rayman, M., Callaghan, A., Arthritis Australia, Nutrition Australia, & Australian Dietary Guidelines. (2006). *Healthy eating and arthritis*. Blackwell Publishers. https://arthritisaustralia.com.au/wordpress/wp-content/uploads/2017/12/ArthAus_HealthyEating_1805.pdf

Arthritis Australia. (2010). *Sex and arthritis*. https://arthritisaustralia.com.au/wordpress/wp-content/uploads/2017/12/ArthAus_SexArthritis_2807.pdf

Crossley, L., Arthritis SA, deKroo, T., Arthritis Australia, Favorito, W., Gill, T., Arthritis Tasmania, Arthritis NSW, Lowe, J., Marabani, M., Proudman, S., Rayner, J., Arthritis ACT, Arthritis NT, Tardina, M., & York, J. (2019). *10 Steps for living well with arthritis*. <https://arthritisaustralia.com.au/wordpress/wp-content/uploads/2021/03/10-Steps-WEB-2019-Mar21-Update.pdf>

Arthritis Australia. (2016). *Arthritis and emotional wellbeing*. <https://arthritisaustralia.com.au/wordpress/wp-content/uploads/2017/09/Arthritis-and-emotional-wellbeing.pdf>

Arthritis Australia. (2017). *Complementary therapies*. https://arthritisaustralia.com.au/wordpress/wp-content/uploads/2018/02/ComplementaryTherapies_0118.pdf

Australian Rheumatology Association, Arthritis Australia, & The Royal Australian College of General Practitioners. (2020). *Australian Rheumatology Association and Arthritis Australia Statement regarding the use of glucosamine for the treatment of Osteoarthritis*. https://arthritisaustralia.com.au/wordpress/wp-content/uploads/2020/02/ARA_AA-glucosamine-statement-004-edited.pdf

Albright, A. (2024). *Myths about osteoarthritis*. Osteoarthritis Action Alliance. <https://oaaction.unc.edu/2019/05/myths-about-osteoarthritis/>

Osteoarthritis Action Alliance (2019). OA Comorbidities & Co-Occurring Symptoms.. <https://oaaction.unc.edu/wp-content/uploads/sites/623/2019/08/Final-Comorbidities-and-Co-Occurring-Symptoms-final.pdf>

Osteoarthritis Action Alliance. (2020). Learn to Live a Full Life with Osteoarthritis. https://oaaction.unc.edu/wp-content/uploads/sites/623/2021/03/OAAA_Osteoarthritis-Pain-Management-and-Treatments_WEB.pdf

Osteoarthritis Action Alliance. (2021). The Weight & Osteoarthritis Connection. https://oaaction.unc.edu/wp-content/uploads/sites/623/2021/03/OAAA_Osteoarthritis-Pain-Management-and-Treatments_WEB.pdf

Osteoarthritis Action Alliance. (2021). Take One Step Forward: Stay Active with Osteoarthritis. https://oaaction.unc.edu/wp-content/uploads/sites/623/2021/03/OAAA_Stay-Active-with-Osteoarthritis_WEB.pdf

Osteoarthritis Action Alliance. (2021). Understanding Your Joint Pain: Know the Signs & Symptoms of Osteoarthritis. https://oaaction.unc.edu/wp-content/uploads/sites/623/2021/03/OAAA_Signs-and-Symptoms-of-Osteoarthritis_WEB.pdf

Osteoarthritis Action Alliance. (2019). OA Signs & Symptoms. <https://oaaction.unc.edu/wp-content/uploads/sites/623/2019/08/OA-Signs-and-Symptoms-final.pdf>

Osteoarthritis | Prevention & Self-Management. (n.d.). <https://oaaction.unc.edu/wp-content/uploads/sites/623/2019/07/Patient-Handout-SM-and-Prevention.pdf>

Peshkova, M.; Lychagin, A.; Lipina, M.; Di Matteo, B.; Anzillotti, G.; Ronzoni, F.; Kosheleva, N.; Shpichka, A.; Royuk, V.; Fomin, V.; et al. Gender-Related Aspects in Osteoarthritis Development and Progression: A Review. *Int. J. Mol. Sci.* 2022, 23, 2767. <https://doi.org/10.3390/ijms23052767>

O'Neill, T.W., Felson, D.T. Mechanisms of Osteoarthritis (OA) Pain. *Curr Osteoporos Rep* 16, 611–616 (2018). <https://doi.org/10.1007/s11914-018-0477-1>

Pazzinatto MF, de Oliveira Silva D, Azevedo FM de, Pappas E. Knee crepitus is not associated with the occurrence of total knee replacement in knee osteoarthritis – a longitudinal study with data from the Osteoarthritis Initiative. *Braz J Phys Ther* 2019;23(4):329–36. <https://doi.org/10.1016/j.bjpt.2018.09.009>.

Katz JN, Arant KR, Loeser RF. Diagnosis and Treatment of Hip and Knee Osteoarthritis: A Review. *JAMA.* 2021 Feb 9;325(6):568-578. <https://doi.org/10.1001/jama.2020.22171>