

Research priorities for physical activity and exercise management of people with knee and hip osteoarthritis (OA)

276 PANEL EXPERTS



from
26 countries



54 Researchers



150 People living with
OA



69 Clinicians



3 Funders & Industry

STUDY DESIGN

3 online surveys

Survey 1 (n=276)

61 research questions
taken from existing
guidelines and literature

Panel experts provided any
additional research
questions they felt
were important

LIST OF 178 RESEARCH QUESTIONS

Survey 2 (n=150)

Panel experts **rated**
these research questions
on how much of a priority
each is

TOP 20 RESEARCH QUESTIONS

Survey 3 (n=153)

Panel experts **ranked**
these research questions
on how much of a priority
each is

RANKED LISTS OF RESEARCH QUESTIONS PRIORITIES:



OVERALL



RESEARCHERS



CLINICIANS



PEOPLE WITH OA

TOP RESEARCH QUESTION PRIORITIES

Overall rankings



- 1** What impact does participation in exercise and physical activity have on delaying/avoiding joint replacement?
- 2** What are the most effective interventions to promote long-term adherence to different types of exercise?
- 3** How can we most effectively stratify people to the most appropriate form of support for them?

TOP PRIORITIES FOR:

Researchers

Which outcomes matter most to people with OA who undertake an exercise program?



People living with OA

Which types of exercise are most effective for people with multi-joint OA?



Clinicians

Which interventions best promote long-term adherence to exercise?

