

# Is your knee stiff and sore?

Would you like to participate in a study of physiotherapy treatment for people with knee osteoarthritis?

The Opti-OK clinical trial is looking at the frequency of physiotherapy appointments for people with knee osteoarthritis (OA). You will get free physiotherapy treatment, which may be six treatment sessions over three or six weeks, or a single exercise treatment session. You will also be asked to attend four testing sessions at the School of Physiotherapy over a six-month period, when we will gather health and economic data. All sessions will last 45 to 60 minutes.

For further information go to: [otago.ac.nz/kneeoia](https://otago.ac.nz/kneeoia)

## You may be eligible if you:

- are at least 45 years old
- have pain in your knee or knees (more than 15 days in the last month)
- have knee stiffness and can't get your knee fully straight
- are not having other treatment for your knee.

## To register for the study contact:

The School of Physiotherapy and mention the Opti-OK trial  
**Tel** 0800 687 489 (0800 OU PHTY)  
**Email** [kneeOA@otago.ac.nz](mailto:kneeOA@otago.ac.nz)

*This study has been approved by Health and Disability Ethics Committees and is funded by the Stanley Paris Research Fellowship. Reference 21/STH/81.*

