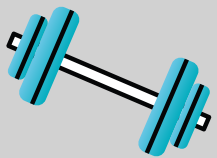




OARSI Rehabilitation Discussion Group

Newsletter
April 2022

We would like to give you an update on projects the committee have been working on over the past year.



Update on exercise position statement for implementation of therapeutic exercise for people with knee and hip osteoarthritis

Study Taskforce: Dr Melanie Holden, Dr Kate Button, Dr Natalie Collins, Dr Elizabeth Cottrell, Prof Yves Henrotin, Prof Kim Bennell, Prof Rana Hinman, Jesper Bie Larsen, Mr Ben Metcalf, Dr Hiral Master, Dr Soren Thorgaard Skou, Dr Louise Thoma, Dr Elizabeth Wellsandt, Dr Daniel White, and Dr Belinda Lawford

Aim of study: to develop evidence-informed position statements and practical resources for the implementation of therapeutic exercise for individuals with knee and hip osteoarthritis using an international multi-disciplinary consensus process.

Current status of project: The study has been written up for publication and will be submitted to Osteoarthritis & Cartilage in the coming month. Dr Mel Holden will be presenting the findings at the upcoming World Congress in Berlin.



Update on Early Career Researchers sub-group

The Discussion Group ECR sub-group is being led by Jesper Bie Larsen and Dr Hiral Master, members include Dr Belinda Lawford, Dr Patrick Corrigan, Dr Cecilie Roedgaard Bartholdy, Elisabeth Ginnerup, Anthony Teoli, and Christine Le.

The ECR sub-group are leading a study to develop an online “toolbox” containing a suite of practical resources to facilitate implementation of exercise. This study used data collected from stage 2 of the exercise position study (above) to inform what type of resources would be most useful for patients and clinicians. The study protocol is currently being developed and data analysis has been completed and will be written up for publication in the next few months.



OARSI Rehabilitation Discussion Group Paper of the Year Award



The OARSI Rehabilitation Discussion Group awarded its inaugural Paper of the Year Award for Early Career Investigators to Dr. Rachel Nelligan for her paper entitled "Effects of a Self-directed Web-Based Strengthening Exercise and Physical Activity Program Supported by Automated Text Messages for People With Knee Osteoarthritis: A Randomized Clinical Trial", which was completed during her PhD training at the University of Melbourne. She is currently a postdoctoral research fellow in the Centre for Health Exercise and Sports Medicine at the University of Melbourne.

Her co-authors include Prof. Rana Hinman, Dr. Jessica Kasza, Samuel Crofts and Prof. Kim Bennell. This randomised controlled trial evaluated a novel method of delivering and supporting evidence-based exercise to people with knee osteoarthritis, requiring no health professional input. Her paper was selected among other papers by early career investigators because of its high rankings in three categories. First, it addressed a critical gap by evaluating a novel scalable self-directed digitally-delivered exercise program supported by exercise behaviour change text message support. Second, it reported findings that have the potential to significantly impact clinical practice, patient outcomes, and/or healthcare delivery. For example, its website (mykneeexercise.org.au) is now freely-available and has >12,000 users from 20 countries across five continents. Finally, it used methods of outstanding quality. Congratulations Dr. Nelligan!

Next discussion group meeting



With the continued disruptions to international travel, we will unfortunately not be holding a discussion group meeting at the World Congress in Berlin this year. However, we do have more virtual meetings planned for later in the year, including journal club meetings. More information will be circulated about these virtual meetings once available.