

## **OARSI Rehabilitation Discussion Group Journal Club Dissecting the "START trial"**

The START trial by Prof Stephen Messier and colleagues, comparing high vs low intensity strength training and attention control in people with knee OA, was recently published in the prestigious Journal of the American Medical Association (JAMA). The study has generated much debate and discussion online with key issues it raises being: 1) why was there no difference between high vs low intensity strength training; 2) what are the mechanism of effects of exercise; 3) what is the appropriate control group in rehabilitation trials; and 4) what are the implications for clinical practice.

Join us to hear from Prof Messier and an international panel (Prof Marius Henriksen, Prof Ewa Roos, Prof Haxby Abbott, Prof Elena Losina, Dr Greg Lehman) as they discuss the study and have an opportunity to put forward your questions for the panel to address.



**Prof Stephen Messier**  
**Director of the J.B. Snow Biomechanics Laboratory,**  
**Wake Forest University**

Messier SP, et al. Effect of High-Intensity Strength Training on Knee Pain and Knee Joint Compressive Forces Among Adults With Knee Osteoarthritis: The START Randomized Clinical Trial. JAMA. 2021 Feb 16;325(7):646-657. doi: 10.1001/jama.2021.0411.

### **Date & Time:**

**8 April 2021 6am AEST, 8am NZST / 7 April 2021 4pm EDT,  
9pm BST, 10 pm CEST**

**Register here:**

**<https://register.gotowebinar.com/register/8469284494939750414>**