

Trial Description Document

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Trial Focus:

The "Comprehensive Exercise Therapy for Knee Osteoarthritis" trial explores whether a customized exercise program can effectively reduce pain and enhance functionality for individuals with knee osteoarthritis (OA) in Ontario. This large-scale, pragmatic study involves adults with knee OA who will engage in a structured exercise plan tailored to improve strength, flexibility, and aerobic health. The program, which will be delivered by physiotherapists trained in OA management, offers the flexibility of both in-person and remote sessions.

Method:

Conducted in various community centers and healthcare clinics throughout Ontario, the trial aims to assess the effectiveness of the exercise regimen through changes in pain intensity, functional mobility, adherence, adverse events, quality of life, patient satisfaction, and its cost-effectiveness, using a broad range of participants and a comprehensive follow-up strategy to ensure real-world applicability.

Trainee Goal:

My expectation from this program is multifaceted. Primarily, I aim to gain practical insights and skills in designing large-scale pragmatic trials, which are essential for translating research into real-world clinical practice. Additionally, I look forward to the opportunity to network with other researchers and clinicians in the field, fostering collaborations that can lead to ground-breaking work in OA research.