



A randomised feasibility study to evaluate the home-based personalised virtual reality physiotherapy rehabilitation compared to usual care in the treatment of pain for people with knee osteoarthritis

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We invite you to take part in a research study. Participation is voluntary. Please read this information carefully.

Osteoarthritis (OA) is a condition causing pain and mobility issues in the knees. Physiotherapy exercises can help manage these symptoms. We are exploring whether using virtual reality (VR) at home can enhance physiotherapy for knee OA. This study aims to determine if VR can help people perform exercises better and more consistently compared to standard physiotherapy.

The VR system includes a laptop and painless sensors worn on your arms and legs. The laptop detects the sensors, allowing an animated character on the screen to mimic your movements. You'll play exercise games designed to match typical physiotherapy routines.

You are invited because you have knee OA, and your physiotherapist believes you are suitable for this study. If you decide to take part, you will be randomly allocated to receive either the VR intervention, or to receive standard physiotherapy care that you would in the NHS.

If you are allocated the VR intervention, then you will be given some equipment to take home and will be guided through how to play the games. You will do this 3 times a week over 12 weeks.

If you are allocated the standard physiotherapy care, then you will receive care from a physiotherapist as normal over 12 weeks.

If you are interested and would like to know more about this study, please contact:

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