



Newsletter



SPIN-VR
SENSOR-BASED PHYSIOTHERAPY
INTERVENTION WITH VIRTUAL REALITY



Winter 2024

Welcome to the first edition of the SPIN-VR trial newsletter! This newsletter will be sent on a quarterly basis to keep you updated on the SPIN-VR trial.

- SPIN-VR is an exciting feasibility randomised controlled trial exploring the potential of a home-based non-immersive virtual reality (VR) as a physiotherapy intervention for treating knee osteoarthritis.
- It involves the use of wearable sensors and a laptop that can be used by patients anywhere.
- Participants are recently diagnosed with knee osteoarthritis and are receiving care through Cardiff and Vale University Health Board.
- It is funded by Versus Arthritis, and sponsored by Cardiff University.



An example of the high stepping game

Meet the Team!



Dr Mohammad Al-Amri
Chief Investigator



Samuel Bird
Trial Manager



Denise Nistor
Research Assistant



Dr Robert Letchford
Principal Investigator



Rose Evans
Research Physiotherapist

Recruitment is now open

- We are seeking patients aged 45+ who are referred to physiotherapy for knee osteoarthritis.
- This study compares usual physiotherapy care with an innovative virtual reality (VR) intervention.
- Participants will undergo 12 weeks of treatment with follow up assessments at 12 and 24 weeks.
- Vouchers are available as payment for any

How do I recruit a patient?

If you a clinician who has patients that are potentially eligible for SPIN-VR, you can find information about the study on the [CEDAR website](#). Here you can download copies of the protocol and participant information sheet.

Interested patients can then contact the study team for more information about participating.

If you have any questions please do not hesitate to get in touch via SPIN@cardiff.ac.uk

SPIN-VR Contact Details: Chief Investigator: Al-AmriM@cf.ac.uk ; Trial Manager: samuel.bird2@wales.nhs.uk

ClinicalTrials.gov ID [NCT06639867](#)





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Current recruitment: 15

After a slow start, SPIN-VR has had a very successful October and November, recruiting 6 and 9 patients respectively. This brings the total recruitment to just 1 patient shy of the target recruitment. This is presented in the recruitment chart above. This leaves us in a good position to overtake the recruitment

Recruitment as of November 2024



Study structure:

Below is a list of all those involved with the study and their affiliations:

- Dr Mohammad Al-Amri, Chief Investigator (*Cardiff University*)
- Samuel Bird, Trial Manager (*CEDAR*)
- Dr Judith White, Trial Manager (*CEDAR*)
- Denise Nistor, Research Assistant (*Cardiff University*)
- Dr Rob Letchford, Principle Investigator (*Cardiff and Vale University Health Board*)
- Prof. Kate Button, Clinical Lead (*Cardiff University*)
- Martin Dando, Physiotherapist (*Cardiff and Vale University Health Board*)
- Rose Evans, Physiotherapist (*Cardiff and Vale University Health Board*)
- Prof. David Walsh (*Sherwood Forest Hospitals NHS Foundation Trust*)
- Dr Martin Warner (*University of Southampton*)
- Dione Shorten, PPI Representative

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