

Measuring Physical Activity in people with Osteoarthritis



We are seeking adults aged 40 - 80 years of age who have been diagnosed with mild knee or hip osteoarthritis to participate in a research study at the University of Auckland.

Participation in this study will involve attending one 1.5-hour onsite appointment at the Health and Rehabilitation Clinic in Newmarket. You will also have your physical activity measured using an activity monitor and a heart rate monitor for seven days. If you are eligible and elect to you will be invited to take part in an 8-week behavioural intervention programme aimed to increase your current physical activity levels.

The findings of this study will assist in the development of specific activity behaviour guidelines for the long-term management of osteoarthritis disease progression in patients with early-stage osteoarthritis.

If you are interested in participating or would like further information, please contact:

Researchers: Dr Rebecca Meiring

Email: rebecca.meiring@auckland.ac.nz

Phone: 09 923 4815

Approved by the Auckland Health Research Ethics Committee on 20/11/2020 for three years.

Reference number: AH3131