

The Effect of Therapeutic Exercise on Cartilage Morphology and Physical Function for Individuals at High Risk of Knee Osteoarthritis

NCT06532851

Status	RECRUITING
Phase	Not Applicable
Sponsor	Jordan University of Science and Technology
Enrollment	54 participants

Key Eligibility Criteria

Inclusion (7)

- Are between 35 and 55 years of age.
- Have a symptomatic degenerative medial meniscus tear as evidenced by:
 - Presence of medial knee pain.
 - Medial joint line tenderness.
 - Pain and limited motion when attempting to perform a full squat and ... and 2 more (see full listing online)

Exclusion (14)

- Radiographic evidence of OA (K-L grade 2 or above).
- A repairable meniscus injury (longitudinal tear in the outer 1/3 of the meniscus).
- A meniscus injury that requires meniscectomy (locked knee).
- Prior or current ligament injury or surgery of the involved knee.
- Prior or current injury or surgery to contra-lateral knee.
- ... and 9 more (see full listing online)

Locations (2 total)

King Abdullah University Hospital, Ar Ramtha, Jordan
Jordan University of Science and Technology, Irbid, Jordan