

Knowledge Translation and Exercise for Degenerative Meniscal Tears and Early Osteoarthritis: KNEE-DEeP Study

NCT06576557

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Limerick
Enrollment	36 participants

Key Eligibility Criteria

Inclusion (5)

- Attended their GP with an episode of non-traumatic knee pain
- Have knee pain attributed to a DMT or early degenerative changes based on the GP's clinical assessment (this standardised assessment is a component of the GP training)
- Aged between 35 and 69 years inclusive
- Eligible GPs will be working in practices within traveling distance (< 50 km) of University Hospital Kerry and willing to attend a two-hour training workshop
- Eligible physiotherapists will be involved in the delivery of outpatient musculoskeletal physiotherapy services at University Hospital Kerry and available to participate in training to deliver the 'best practice' physiotherapy intervention

Exclusion (9)

- Recent trauma likely to be associated with considerable tissue damage
 - Fulfilling the American College of Rheumatology clinical classification criteria for knee OA (these criteria reflect later signs of OA or established disease)
 - Moderate or advanced knee OA on x-ray (or Kellgren-Lawrence x-ray score e Grade 3)
 - Having an acutely swollen or locked knee, or suspected ligament injury on physical exam
 - Inflammatory arthritis
- ... and 4 more (see full listing online)

Locations (1 total)

University Hospital Kerry, Tralee, Kerry, Ireland

<https://clinicaltrials.gov/study/NCT06576557>

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