

# Feasibility of Resting Intervals During Exercise Programs for Individuals With Knee Osteoarthritis

NCT06857123

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Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Pittsburgh
Enrollment	20 participants

## Key Eligibility Criteria

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### Inclusion (7)

- Age between 45 and 79 yo.
- Clinical diagnosis of primary, early to moderate stage knee osteoarthritis.
- BMI range  $\leq$  35 kg/m<sup>2</sup>.
- Sedentary lifestyle
- Knee joint is the most painful joint in the body.

... and 2 more (see full listing online)

### Exclusion (14)

- Non-OA disease of the knee.
- Advanced knee osteoarthritis
- Knee injection in the past 3 months.
- Major knee trauma/surgery in the past 5 years or previous knee surgery with hardware limiting cartilage assessment..
- Participate in regular exercise or physical activity .

... and 9 more (see full listing online)

## Locations (1 total)

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University of Pittsburgh, Pittsburgh, Pennsylvania, United States