

# The Beat Pain Better Trial

NCT06932887

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<b>Status</b>	RECRUITING
<b>Phase</b>	Phase 3
<b>Sponsor</b>	University of Utah
<b>Enrollment</b>	346 participants

## Key Eligibility Criteria

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### Inclusion (4)

- Age 45 or older;
- Visit in participating medical clinic within the past 6 months
- OA diagnosis code related to lower extremity and/or spine on the problem list or associated with an encounter in the past 6 months
- Has functioning cell phone able to receive calls and texts

### Exclusion (3)

- Unable to participate in a regular walking program defined as the ability to walk for at least five minutes with or without the use of an assistive device.
- Medical contraindication to participation in physical activity
- Unable to communicate in either Spanish or English

## Locations (3 total)

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University of Utah, Salt Lake City, Utah, United States  
Association for Utah Community Health, Salt Lake City, Utah, United States  
Vamos Health, West Valley City, Utah, United States