You are invited to participate in this 24-week research study that is comparing the effectiveness of a 24-week yoga program (first 12 weeks of group-based yoga (two days/week at Menzies and one day/week at home; next 12 weeks of yoga three days/week at home)) to a 24-week strengthening exercise program (12 weeks of group-based strengthening exercise (two days/week at Menzies and one day/week at home; next 12 weeks of strengthening exercise three days/week at home)) for reducing knee pain in knee osteoarthritis patients. The study is being conducted by Senior Research Fellow Dr. Benny Antony at the Menzies Institute for Medical Research (Hobart).

Before you decide if you wish to participate in this study, it is important for you to understand why the research is being done and what it will involve. Please take the time to read the information sheet and consent form in the links below.

**What is the purpose of this study?**

This study is examining whether a 12-week yoga program (3 times a week) can improve knee pain in patients with knee osteoarthritis as compared to the 12-week strengthening exercise program (3 times a week). Hence, in this research study, we will test whether yoga is more effective than strengthening exercise in knee osteoarthritis patients.

**Who is being asked to participate in this study?**

**We will be studying up to 126 knee osteoarthritis patients. Patients can be included in the study if they:**

* Are aged 40 years or more;
* Have knee pain on most days for at least six months;
* Have VAS knee pain intensity of 40 or more on a 100 point scale (0=no pain at all and 100= maximum pain you can imagine) in the last month;
* Meet American College of Rheumatology (ACR) clinical criteria for the diagnosis of knee OA;
* Be willing to participate in a group yoga program or group strengthening exercise program three times per week for 24-weeks and can attend on the days/times of the week that scheduled classes are running;

For further information regarding the YOGA trial, please contact:

Vinah Anderson on +61 3 6226 4633 or [vinah.anderson@utas.edu.au](mailto:vinah.anderson@utas.edu.au)

Menzies Institute for Medical Research

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