



*Do Knee Joint
Injections improve
pain and function?*



We are looking for volunteers to participate in a clinical research project at the University of Delaware.

The purpose of this project is to investigate how the injections you receive for knee arthritis affect your functional performance, walking patterns and pain. This information will help patients and clinicians decide which intervention for knee arthritis may be the most effective at reducing pain and improving function.

Who is eligible for the study?

If you are between the ages of 30 and 75, have knee arthritis and are planning to receive knee injections for knee pain, you may be eligible to participate in the study.

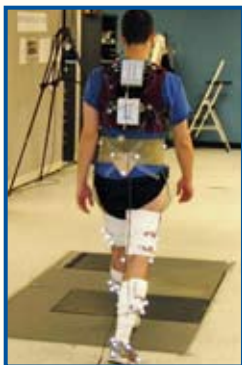
What is involved?

If you are eligible and want to participate, testing sessions will be performed at three different times: (1) prior to your knee injection, (2) 6 weeks after the first injection and (3) 5 months after the first injection.

Testing Session

The testing sessions consist of two parts. First you will complete questionnaires about your knees and overall health. You will perform functional tests based on your daily activities, such as walking and climbing up and down stairs. We will measure the strength of muscles in your legs. This portion will take about 1.5 hours to complete.

After this you will be asked to walk across the room and step up onto then off of a small step. Your performance will be captured by a motion analysis system. This portion will last about 1 hour.



- Participation is voluntary and you may withdraw at any time
- All testing will be performed in the McKinly Laboratory on the University of Delaware Campus.
- Total testing time will be approximately 2.5 hours

Compensation of \$200 will be provided for participants who complete ALL three sessions.

How can I get more information?

If you have questions, or are interested in participating, please contact Liza Walker at **302-831-4616** or ***lizaj@udel.edu***.

Patient Benefits

- \$200 for completing all sessions (\$50 for 1st session, \$50 for 2nd session and \$100 for 3rd session)
- Free functional screening by the Department of Physical Therapy at the University of Delaware
- Comparison of how your functional ability compares to other individuals with arthritis and to individuals without knee pain
- Description of how your knee pain and functional ability changed after the knee injections



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