

 Goodfellow Gems are chosen by Goodfellow Director, Bruce Arroll to be either practice changing or thought provoking. You are being mailed these as you are a member of the Goodfellow learning community.

## Exercise is effective for osteoarthritis pain

In a recent Tools for Practice: for adults with knee or hip osteoarthritis, systematic reviews indicated that exercise can lead to ~30% pain improvement for 47% of patients versus 21% with no exercise at 6-104 weeks.<sup>1</sup> The benefit was one additional person for every four treated.

The type of exercise does not significantly affect the results, however most trials included physiotherapy. The type of exercise was based on patient preference and accessibility and a similar efficacy was seen regardless of osteoarthritis severity.

Qualitative data suggests that people are confused about the cause of their pain and its variability and do not know what they can safely do. Providing reassurance and clear advice may encourage greater exercise participation.

Reference:

1. Exercise for osteoarthritis pain: how strong is the evidence? Alberta Tools for Practice #255 (2020) [View here](#)

[Click here](#) to view more Gems



the Goodfellow Unit presents Red Whale's GP Update

**Red Whale**



Check out the 2020  
Red Whale update,  
loaded with extras

[View here](#)

If this email was forwarded to you and you would like to automatically receive Goodfellow Gems [Click here](#).

Copyright © 2020 Goodfellow Unit, All rights reserved.

**Our mailing address is:**

Goodfellow Unit  
University of Auckland, Grafton Campus, Bldg 507  
22-30 Park Ave, Grafton,  
Auckland, Auckland 1023  
New Zealand