

**If you are interested in participating in any of the research studies listed here, please check that you meet the inclusion criteria and then contact the study researcher.**

Inclusion criteria & contacts:

**1. Knee osteoarthritis and Insoles:**

- Aged over 50
- Have knee arthritis confirmed by x-ray
- Have knee pain on most days

For more information, please contact Kelly-Ann Bowles on 8302 0019 or email [kbowles@unimelb.edu.au](mailto:kbowles@unimelb.edu.au)

**2. Patellar tendinopathy:**

- Aged over 18
- Pain at the front of the knee for at least 6 months
- Pain on jumping, landing & running

For more information, please contact Ben Metcalf on 8344 8127 or email [b.metcalf@unimelb.edu.au](mailto:b.metcalf@unimelb.edu.au)

**3. Knee osteoarthritis and Exercise**

- Aged over 50 & have knee arthritis
- Have bow legs
- Are not currently doing any leg strengthening exercises

For more information, please contact Boon Lim on 8344 0486 or email [b.lim@pgrad.unimelb.edu.au](mailto:b.lim@pgrad.unimelb.edu.au)

**4. Chronic Rotator Cuff Pathology**

- Shoulder pain for more than 3 months
- No previous shoulder surgery
- Not currently undergoing treatment for pain

For more information, please contact Elin Wee on 8344 8127 or email [elin@unimelb.edu.au](mailto:elin@unimelb.edu.au)

Healthy volunteers also required!

As part of our research studies into osteoarthritis we are also looking for healthy participants. As a healthy participant you will be asked to complete some of the same tests as the osteoarthritis group participants. This will help us to better understand factors that may lead to the disease, what limitations arthritis sufferers face and therefore how we may be able to design better treatment programmes for the disease.

If you are aged over 40 and are interested in participating as a control subject, please contact Mark Creaby on 8344 0425 or email [mcreaby@unimelb.edu.au](mailto:mcreaby@unimelb.edu.au)

Location

We are located to the south of the Universities Parkville campus, at 202 Berkeley Street (off Grattan Street), approximately 15 minutes walk from Melbourne CBD.

**Public transport:** Stop 9 on the no. 19 or 59 trams.

**Car parking:** We can provide private parking free of charge.



## The Centre for Health, Exercise and Sports Medicine

## Opportunities for research participation



The Centre for Health, Exercise and Sports Medicine at the University of Melbourne is seeking participants for several research studies aimed at improving our understanding of various diseases, and the quality of life of affected individuals

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# Who are we?

The Centre for Health, Exercise and Sports Medicine was established within the School of Physiotherapy at The University of Melbourne in October 2000. Our aim is to improve health and well-being across the lifespan through conservative management of injury and disease. Our research team includes a number of internationally recognised investigators from a variety of backgrounds including physiotherapy, medicine and exercise science. Our research studies are focused on three main areas, many of which are supported by the National Health and Medical Research Council of Australia:

- Joint health
- Bone health
- Sports medicine

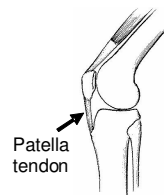
## Current Research Studies

### 1. Knee Osteoarthritis & Insoles

Osteoarthritis is a chronic, localised joint disease affecting one-third of people, with the disease prevalence increasing with advancing age. The aim of this study is to see if shoe insoles can reduce pain, disability and disease progression in individuals with knee osteoarthritis.

If eligible to participate, you will undergo MRI scans, x-rays at the Epworth Hospital, Richmond. You will also meet with a podiatrist and physiotherapist at the University of Melbourne, and receive treatment with shoe insoles for a 12 month period at no cost to yourself.

### 2. Jumpers Knee



Jumper's knee, also known as patellar tendinopathy, is pain just below the kneecap in the patellar tendon that is aggravated by jumping, landing and squatting.

**If you participate in this study, you will receive at no cost:**

- An** assessment of your knee by an experienced physiotherapist
- An** MRI and diagnostic ultrasound of your patellar tendon
- A** thorough laboratory assessment of your knee
- A** state-of-the-art treatment program for 12 weeks

### 3. Knee Osteoarthritis & Exercise

This study aims to investigate if the pressure in the knee during walking can be reduced by having stronger thigh muscles. This knee pressure is linked to disease progression, meaning that people with higher knee pressure will get worse quicker than those with lower knee pressure.

Participants in this study are randomly allocated into a thigh strengthening group or a control group with no intervention given. Those in the exercise group see a physiotherapist to learn the exercises which are done at home over 12 weeks. Measurements are made at entry to the study and 12 weeks later.

### 4. Chronic Rotator Cuff Pathology

Chronic Rotator Cuff Pathology is a condition of muscle wear and tear around the shoulder causing shoulder pain. This research study aims to investigate the physiotherapy treatment on reducing pain. If suitable, participants will be randomly allocated into either an active or placebo group where they will receive 10 physio treatments over 10 weeks. They will also have to attend 1 screening and 3 measurement sessions at the University of Melbourne. Upon completion of project, placebo patients are able to have the active treatment at no cost to them.

