

What Happens in the AP-KO Trial?

1. Initial Contact

Before you can take part in the AP-KO trial, we will need to ask you some questions about your knee and your general health



You contact the research team to say you're interested in the AP-KO trial (either by phone / email / or web form)

One of the research team will call you to talk about the study and find out if you could be eligible



You will come to the Pharmacy Clinic, on the ground floor of the School of Physiotherapy

You will also be asked to provide a urine sample, then go to the hospital to give a blood sample

Our GP will ask about your health and medicines you take

2. Screening

If you are eligible following our phone chat, we will organise a more in-depth screening session with our study GP

3. Starting the Trial

Before you start physiotherapy and taking the trial medicines, you will have an assessment with our research assistant



Our research assistant will ask you to do some physical activities, like walking and climbing stairs

You will also fill out some questionnaires on an iPad, about how your knee problem affects you



You will go to see your physiotherapist for up to 4 weeks



After 4 weeks of physiotherapy, you will join a group exercise class, once a week for a further 8 weeks

You will also take the trial medicines for 4 weeks

Neither you nor your physiotherapist will know if you are taking active or placebo medicines

4. Going to Physiotherapy and taking the medicines

You will be taking either active or placebo medicines and going to physiotherapy for up to 4 weeks. After that, you'll be asked to join an exercise group for 8 weeks