



Project Summary

The Post-traumatic Osteoarthritis Support Tool (POST) study.

Dr Carly McKay - £11865.00

Osteoarthritis (OA) affects roughly 8.75 million people in the UK, and more than half of them have OA in their knees. Knee OA is a source of pain, stiffness, and poor function in everyday life but there is no cure. OA is usually seen as a disease that affects older people, but there is emerging evidence that people who suffer a knee injury whilst playing sport are at significantly increased risk early in life, as young as their 20s or 30s. For these people, OA symptoms can affect their health and quality of life but there are few treatment options available until their condition worsens. Therefore, this project aims to better understand the experiences of young people with early OA symptoms. It will evaluate their needs and develop a digital support tool to help them manage their symptoms and provide guidance about when and how to seek appropriate medical care. This tool will help people reduce the impact of early OA symptoms on their quality of life and make sure that when they do need medical care, they get seen by the right practitioner at the right time. This will improve their care and help reduce costs to the NHS.