



TRACK-OA

Using activity trackers to increase physical activity in early knee osteoarthritis



Painful knees?

Get active with a new activity tracker!

We invite you to participate in the TRACK-OA Project. TRACK-OA is a program that uses new digital activity trackers to help people with knee pain set goals to be more physically active safely and at their own pace.

You may be eligible to participate if you:

- Have knee pain, or have been diagnosed with knee osteoarthritis.
- Have not had an acute knee injury in the last 6 months
- Have an email address
- Are able to attend a 1.5-hour session at the Mary Pack Arthritis Centre in Vancouver.



If you are eligible for this study, you will attend an education session, receive a Fitbit Flex activity tracker, and receive counseling from a **registered physiotherapist**.

If you would like to take part in this study or seek more information, contact:

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