



The OPEN Project

Osteoarthritis Physical Activity & Exercise Net
for improving physical activity in early knee osteoarthritis



Have knee pain?

We would like your help to test an online program called OPEN. OPEN is an interactive website designed to help people with knee pain to be more physically active safely.

You may be eligible to participate if you:

- Are 50 years or older.
- Have knee pain.
- Have been physically INACTIVE for the past 6 months.
- Live in British Columbia.

During your participation you will get to use either the OPEN website (not yet available to the general public) or a detailed information booklet on safe exercise for knee pain. You may access a **registered physiotherapist via email** if you have questions about your physical activity during the 6-month study.

Information you provide will be kept completely anonymous. A small honorarium will be provided.

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

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