

## Eli's Rehab Report

### Clinical Rehab Roundup: Try Activity Strategy Training With

"Effects of activity strategy training on pain and physical activity in older adults with knee or hip osteoarthritis: A pilot study." Murphy SL, Strasburg DM, Lyden AK, Smith DM, Koliba JF, Dadabhoy DP, Wallis SM. *Arthritis Rheum.* 2008 Oct 15;59

(10):1480-7. Researchers at the University of Michigan Health Care System sought to examine effects of activity strategy training (AST), a structured rehab program occupational therapists use that teaches adaptive strategies for symptom control and engagement in physical activity (PA). Researchers conducted a randomized controlled pilot trial at three senior housing facilities and one senior center, studying 54 older adults with hip or knee osteoarthritis. Researchers randomly assigned participants to one of two programs: exercise plus AST (Ex + AST) or exercise plus health education (Ex + Ed). The programs involved eight sessions over four weeks with two follow-up sessions over a six-month period. Researchers assessed pain, total PA and PA intensity, arthritis self-efficacy, and physical function at baseline and posttest.

**Findings: At post-test, participants who received Ex + AST had significantly higher levels of objective peak PA compared with participants who received Ex + Ed. Although not statistically significant, participants in Ex + AST tended to have larger pain decreases, increased total objective and subjective PA, and increased physical function, researchers noted. No effects were found for arthritis self-efficacy.**

Researchers concluded that although participants were involved in identical exercise programs, participants who received AST tended to have larger increases in PA at post-test compared with participants who received health education.