

Intensive Dietary Induced Weight Loss $\pm$ Exercise
for Symptomatic Knee OA

Weight Loss

Decreased Joint Loads

Decreased Pro-inflammatory
Cytokine/Adipokine Activity

Primary Outcome $\rightarrow$

$\leftarrow$ Primary Outcome

Decreased Joint Tissue Damage

Less Joint Inflammation

Decreased PAIN

Improved Mobility

Increased Muscular Strength

Improved Body Composition

Improved Physical Function

Less Disability

