

Prescreen

Telephone Interview: Eligibility Status, Medical History

Pass ?

no

Exclude

yes

Screening Visit 1

Consent, Medication Form, Ht, Wt, Brief Phys Exam

Questionnaires

WOMAC Pain

SF-36

PASE

CES-D

Self-efficacy

Falls

Questionnaire

DSST

MOCA

Other measures

6-min walk

BMI ($\text{kg}\cdot\text{m}^{-2}$)

$\geq 20, \leq 45$

yes

no

Exclude

yes

Pain > 3 ,
MOCA ≥ 20

no

Exclude or
override

yes

Frontal Plane Knee Alignment

$\geq 0^\circ, \leq 10^\circ$

no

Exclude

PA/Sunrise Views

Knee OA
KL=2-3,
PFOA < 3

no

Exclude

Screening Visit 2

Performance Tests

SPPB

Muscle strength

Grip Strength

Gait Analysis

Waist/hip/thigh

Circumference

DXA

Questionnaires

Physical self-efficacy

FAST 23

SWL

PANAS

Self-Efficacy ABC

WOMAC

Randomization Visit

Randomization
Blood Draw
Urine collection
Power test
Thigh CT scan