Elderly women with knee OA - University of São Paulo Hospital - Rheumatology Ambulatory of School of Medicine of University of São Paulo - Samuel Pessoa Primary Care Centre

- Phone call - Personal contact

Process A

Were eligibility criteria met? Agreed to participate in the research?

no → Excluded

yes

Allocate into one of the groups according to previous randomization (4 random blocks of size 2, 3, 4 or 5 each)

Processes B and C

Intervention Group

Drug treatment for knee OA was allowed + mandatory use of intervention shoes for three months (at least 6 hours a day, seven days per week)

Process B

Drug treatment for knee OA was allowed + without use of intervention shoes for three months

Processes B and C

Control Group

End of intervention period (sixth month)

Processes A, B and C

End of non-intervention period (sixth month)

Mathematical and Statistics Analysis

Process A

Medical Consultation
Patient Global Assessment
Medical Global Assessment

Process B

WOMAC and Lequesne Six-Minute Walking Test

Process C

Biomechanical Gait Analysis