High Intensity Strength Training

- Initial Increase Thigh Muscle Function (strength, power, proprioception)
- Initial Improvement Thigh Composition (more muscle and less fat)
  - Decrease Knee Adductor Moment
  - Decrease Knee Joint Forces

Initial Decrease in Pain and Improvement in Function

- Greater Increase Thigh Muscle Function
- Greater Improvement Thigh Composition
  - Greater Decrease Knee Adductor Moment
  - Greater Decrease Knee Joint Forces
  - Decrease Inflammatory Cytokines
    - Decrease Subchondral Tissue Damage
    - Less Synovitis, Less Cartilage Loss

Greater Decrease in Pain and Improvement in Function, and Attenuated Disease Progression

Additional 12 months Training

6 months of Training