Recruitment physical (PT) therapists (n=100)

PTs randomly allocated to the intervention (n=50) or control group (n=50)

Intervention group: e-Exercise training of PTs and info about study
Control group: guideline training of PTs and info about study

Recruitment of patients with hip and/or knee OA (n=100)

Informed consent and baseline questionnaire/accelerometer

Intervention: e-Exercise
Control (usual physical therapy)

Follow-up questionnaire/accelerometer at 3 and 12 months