536 expressed interest in the feasibility study

279 (52%) Ineligible after initial screening
  • Did not have OA

257 (48%) Eligible for further screening

221 (86%) Did not meet eligibility criteria
  • Doing > 60 mins of PA per week
  • Taking pain relief medication
  • Unable to commit to study

36 (14%) Met eligibility criteria and randomised

19 (53%) 3-day walking group

17 (47%) 5-day walking group

8 (23%) Did not complete study
  6 (17%) - health reasons
  1 (3%) - personal reasons
  1 (3%) - daily pain medication

28 (77%) Completed study