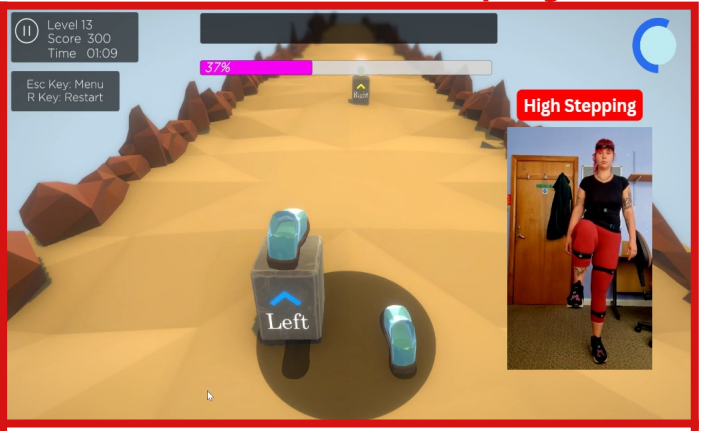
Newsletter

SPIN-VR
SENSOR-BASED PHYSIOTHERAPY INTERVENTION WITH VIRTUAL REALITY

Spring 2025

- SPIN-VR is an exciting feasibility randomised controlled trial exploring the potential of a home-based non-immersive virtual reality (VR) as a physiotherapy intervention for treating knee osteoarthritis.
- It involves the use of wearable sensors and a laptop that can be used by patients anywhere.
- Participants are recently diagnosed with knee osteoarthritis and are receiving care through Cardiff and Vale University Health Board.
- It is funded by Versus Arthritis, and sponsored by Cardiff



An example of the high stepping game

Latest Updates

NEW UPDATE

- The study has recently passed the halfway point, with 30 out of 50 patients enrolled.
- 12-week and 24-week follow ups, and the qualitative interviews have begun.
- Eight patients have already completed the study.
- An abstract has been accepted for presentation at the APDP Annual Conference 2025
- An abstract has been submitted to the ESMAC conference.

How do I recruit a patient?

If you a clinician who has patients that are potentially eligible for SPIN-VR, you can find information about the study on the CEDAR website. Here you can download copies of the protocol and participant information sheet.

Interested patients can then contact the study team for more information about participating.

If you have any questions please do not hesitate to get in touch via SPIN@cardiff.ac.uk

Meet a member of the team - Rose Evans

In this edition we meet Rose Evans, SPIN-VR resident physiotherapist.

1. **Can you share a bit about your background and career journey?**
   I completed my Physiotherapy degree at Cardiff University and graduated in 2020. Since then I have worked in Cardiff and Vale University Health Board, firstly as a rotational Physiotherapist before moving into a static role in the MSK Outpatient Physiotherapy Department at Lakeside.
2. **What's your role on the SPIN-VR study?**
   Within the SPIN-VR study I am completing a Research Delivery role. As part of this, I get to offer education and advice to those participants who are using the VR software to perform exercises for knee osteoarthritis.
2. **What's your favourite part about your role in SPIN-VR?**
   It is exciting to see the use of virtual reality in a clinical setting as we are living in a world where by technology is rapidly advancing and is going to shape the future.
2. **What are your hobbies/interests outside of work?**
   Outside of work my main hobbies are sport and exercise. I play Cricket, and regularly use the gym and enjoy running for fitness. I also enjoy socialising with family and friends.

SPIN-VR Contact Details: Chief Investigator: Al-AmriM@cardifff.ac.uk; Trial Manager: samuel.bird2@wales.nhs.uk
ClinicalTrials.gov ID NCT06639867

VERSUS ARTHRITIS
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CEDAR Centre for Healthcare Evaluation, Device Assessment and Research
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Bwrdd Iechyd Prifysgol Caerdydd a'r Fro
Cardiff and Vale University Health Board

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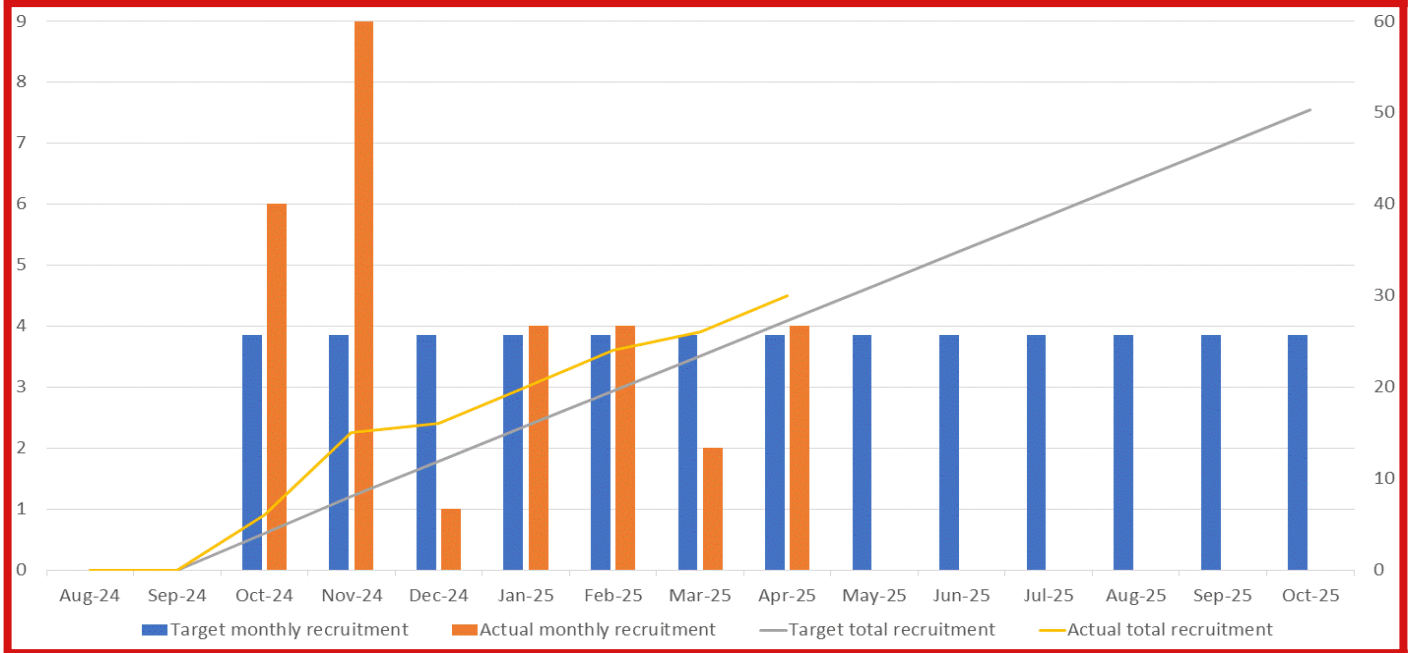
Current recruitment: 30

The study has continued to recruit well since the last newsletter. An extension to the recruitment period ensures that we are now above where we would expect to be in terms in recruitment at this point on the study. Provided we achieve a minimum of 4 patients per month, we will achieve our target early.



What our patients say

Below are some anonymous quotes patients have provided us during interviews:

- *"The games were definitely a good motivator to do exercise."*
- *"It is giving me the knowledge that I am doing what I can do to make my arthritis better."*
- *"The VR games were fun, and were a mental stimulus, because you do want to win, you do want to succeed."*
- *"If you felt like you were doing well on one level, you'd feel more confident in going up to the next."*
- *"The main benefit was that you could actually assess how you were doing."*
- *"The games were straightforward to use, and the animation was quite good—they were friendly and nice to use."*

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