

An inverse relationship between vitamin D concentrations and knee osteoarthritis has previously been observed but the effects of Vitamin D supplementation on knee osteoarthritis symptoms are poorly understood. Physical activity is recommended to manage knee osteoarthritis, yet evidence on how to sustain increased physical activity in this clinical population is limited. Online physical activity programmes in particular offer advantages including personalisation and scalability. This pilot study explored the acceptability and feasibility of vitamin D and online based physical activity interventions within an older obese knee osteoarthritis population.