Describe the design and methods of the Staying Active with Arthritis (STAR) Study conducted in older adults with the comorbidities of osteoarthritis of the knee and hypertension.

A randomized controlled trial was used. The STAR group received 6 weekly individual face-to-face sessions with the physical therapist, 9 bi-weekly telephone counseling sessions with the nurse, and daily e-diary for self-monitoring. The attention control group received 6 weekly and 9 bi-weekly telephone sessions with the nurse on senior health topics. Clinical outcomes were assessed by questionnaires and blood pressure monitor. Physical activity was assessed by e-diary and ActiGraph accelerometer.

Explain the improvements in clinical outcomes and physical activity found in the Staying Active with Arthritis (STAR) Study.

The STAR intervention improved self-reported knee pain, function, lower extremity exercise, and fitness walking, but not objectively assessed fitness walking and BP.