



1:1 Online Care
for Weight-Related Knee Osteoarthritis



A 6-Month Fully Digital Program
to Get Stronger, Lose Weight,
and Support Your Knees

Lose 9–15 kg in the first 6 weeks safely —
easing up to 60 kg of pressure on your knees

Average 10–20% total weight loss in 6 months

Physiotherapy & dietetic support — all from home

Available by doctor referral to ensure medical suitability

Why KNEED Was Created

Knee osteoarthritis linked to excess weight affects over 300,000 adults in Ireland.

Yet most only receive partial care that treats symptoms – not the root driver: *weight*.

Why traditional care falls short:



Physio or medication

often only provide temporary relief



Weight loss

left out because traditional diets are too slow to ease knee pain early, even though weight loss is essential for lasting relief



In-person visits

difficult due to travel, mobility, or time constraints

KNEED changes that.

It combines **medical weight management and physiotherapy** – all delivered **digitally** for faster, more lasting knee health at home.



How Weight Loss – and Our Approach – Helps Your Knees

KNEED uses an innovative, *evidence-based* medical diet designed for people with knee osteoarthritis linked to excess weight.

- On average, this approach helps people lose **9–15 kg safely in just 6 weeks** (depending on starting weight). Every 1 kg lost reduces about **4 kg of pressure** on your knees – meaning up to **36–60 kg less joint load** in a short time.
- **Combined with physiotherapy**, this creates faster pain relief, better mobility, and **longer-lasting improvements**.
- Clinical programs using this same diet approach – similarly followed by a traditional diet for the remainder of the program – show people can lose **10–20 % of body weight in 6 months**, bringing major benefits for both **knee and overall health**.

6-month Phases

Focus & Key Components

Phase 1 – Rapid symptom relief (Weeks 1–13)

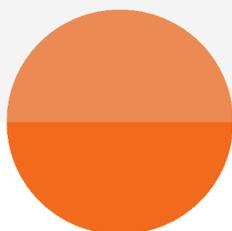
- **Quick, safe results**
- **Supervised medical diet using** formulated meal replacements plus one balanced home-prepared meal each day.
- **Tailored physiotherapy exercises** designed to meet you where you're at

Phase 2 – Transition & Long-term success (Weeks 14–24)

- **Mediterranean diet** for lasting results
- **Exercise progression**

Continuous Support

- **Regular 1:1 sessions** – dietitian (video/phone) & physiotherapist (video)
- Prioritized to be held in different weeks when possible, making it easier to attend.
- Sessions are spaced based on your goals, progress, and availability.
- **App support:** tracking, messaging, reminders, and exercise videos that mirror your physio sessions



What You Can Expect

Experience steady, measurable progress in both weight and knee health – guided 1:1 by expert clinicians.

- **Less knee pain and stiffness**
- **Easier walking** and daily movement
- Reduced joint pressure through weight loss
- **Greater confidence and independence**

Why Patients Choose KNEED

- **Faster relief and greater long-term results**
- **Comfortable at-home exercise** guided by clinicians
- **Helps prevent or delay knee replacement**, avoiding long waits, recovery time, and out-of-pocket costs
- **Lowers ongoing expenses** from GP visits, scans, medications, and injections
- **Fully digital and convenient** – no travel, mobility, or scheduling barriers



Next Steps

Scan the QR code below to book your free consultation.
We'll discuss your situation, explain how the programme works, and answer any questions you may have.

Program Cost & Inclusions

Founding Rate: €299 per month for the 6-month programme + €50 registration fee

(Standard cost €2,200)

Available for the first **50 eligible patients**

Reimbursement

The 12 one-to-one digital physiotherapy and dietitian sessions included in the programme may be eligible for reimbursement under many private health insurance plans, subject to your individual policy.

Each participant receives:

- ✓ 6 Dietitian + 6 Physiotherapist 1:1 sessions
(CORU-registered clinicians)
- ✓ 14 weeks of medical meal replacements
- ✓ Home exercise kit
- ✓ Digital tools
- ✓ Progress reports shared with your doctor

Who It's For

Adults with knee osteoarthritis related to excess weight who are ready to take part in a structured, clinician-led program.

Scan to book your free consultation

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🌐 www.kneed.ie

