

Digital technologies for managing mild to moderate symptoms of hip or knee osteoarthritis: early value assessment

Information for the public

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NICE has said that the following digital technologies can be used in the NHS to manage mild to moderate symptoms of hip or knee osteoarthritis in adults:

- getUBetter
- Good Boost
- Hinge Health
- Joint Academy
- Phio Engage
- flex
- Sword Thrive
- TrackActive Me.

The NHS is collecting more evidence for these technologies. You might be asked if details of your treatment can be collected as evidence. You can ask your healthcare professional about how your information will be stored and used.

NICE has said that Pathway Through Arthritis can be used only as part of a research study to manage mild to moderate symptoms of hip or knee osteoarthritis.

About the technologies

The technologies, which can be used on mobile phones, tablets or computers, provide individualised therapeutic exercise programmes. Some allow healthcare professionals to remotely monitor your progress and adjust your exercise plan. This means you can do the exercises when it is convenient for you. And it may mean you can start treatment when symptoms first start, instead of waiting for an appointment. That could reduce the number of appointments you need to manage your condition.

Are these technologies right for me?

Your healthcare professionals should give you clear information, talk with you about your options and listen carefully to your views and concerns. Your family can be involved too, if you wish. See [our webpage on shared decision making](#).

Questions to think about

- How well do the technologies work for managing mild to moderate symptoms of osteoarthritis?
- What are the risks or side effects? How likely are they?
- How will the technology affect my day-to-day life?
- What happens if the technology does not work?
- What happens if I do not want to use the technology? Are there other options available?
- How will my information be used, if it is collected?

Information and support

The [NHS webpage on osteoarthritis](#) may be a good place to find out more.

These organisations can give you advice and support:

- [Arthritis UK](#), 0800 5200 520
- [Arthritis Action](#), 020 3781 7120

You can also get support from your local [Healthwatch](#).

NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

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