Our Research Impact

90 years of life-changing progress, thanks to the incredible support of people like you.

1936

Our story began when **The Empire Rheumatism Council** was founded.

1953

Genetics shown to play a role in rheumatoid arthritis for the first time.

1989

Researchers identify a protein called **TNF** (Tumour Necrosis Factor) as a key driver of inflammation in rheumatoid arthritis.

1994

Obesity shown to be a major risk factor for osteoarthritis of the knee.

1999

First anti-TNF therapy licenced, transforming the lives of millions of people with inflammatory arthritis.

2004

People with fibromyalgia found to process pain differently due to altered brain mechanisms.

2007

The ESCAPE-pain trial showed exercise is effective at improving symptoms of knee pain.

2008

'Miner's Knee'
Research on occupational knee osteoarthritis helped qualifying workers gain access to disability benefits.

2012

ArcOGEN, the largest genetic study of osteoarthritis revealed eight new genetic clues as to why people may develop it.

2017

The Sycamore trial was critical to the approval of a new treatment for uveitis, now helping to prevent blindness in children with arthritis worldwide.

2017

First cartilage cell transplantation procedure for arthritis approved by NHS for early knee osteoarthritis.

2020

MSK-HQ©
A groundbreaking tool to help medical professionals assess the impact of musculoskeletal problems on people's lives is validated by NHS.

2024

The MAVIDOS trial finds continued higher bone density in children of women who took vitamin D supplements in pregnancy.

2025

Genetic data collected by arcOGEN used in the world's largest study to advance understanding of osteoarthritis and identify new treatment targets.

2026

Landmark consortia-funding initiative underway: 6 UK-wide research collaborations tackling the biggest challenges in arthritis research.

About us

In the UK alone, more than 10 million adults, young people and children live with arthritis.

As the largest dedicated funder of arthritis research, we're here to make sure everyone has access to the treatments and support they need to live the life they choose, with real hope of a cure in the future.

The future

We'll continue to invest in life-changing research to help people live well, improve treatments and one day, find a cure.

Arthritis UK

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