

NATIONAL CLINICAL GUIDELINE ON HIP
OSTEOARTHRITIS
– NON-SURGICAL TREATMENT AND REHABILITATION
FOLLOWING TOTAL HIP ARTHROPLASTY

2016

NATIONAL CLINICAL GUIDELINE ON HIP OSTEOARTHRITIS

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Quick guide

Non-surgical treatment	
↑	Consider offering neuromuscular/functional training to patients with hip osteoarthritis as an add-on to the usual treatment (⊕⊕⊕○).
↑	Consider offering supervised strength training to patients with hip osteoarthritis as an add-on to the usual treatment (⊕⊕⊕○).
↑	Consider offering manual therapy to patients with hip osteoarthritis as an add-on to the usual treatment (⊕⊕○○).
√	It is good practice to offer weight loss intervention to overweight patients with hip osteoarthritis as an add-on to the usual treatment.
↑	Consider offering combined patient education and exercise to patients with hip osteoarthritis as an add-on to the usual treatment (⊕⊕⊕○).
Rehabilitation following total hip arthroplasty (THA)	
↓	Supervised rehabilitation should only be used after THA upon due consideration, since the beneficial effect of supervision is uncertain (⊕⊕⊕○).
↓	Supervised strength training should only be used as an add-on to the usual treatment after THA upon due consideration, since the working group found no evidence of a clinically relevant difference between the effect of supervised strength training and the usual treatment (⊕⊕○○).
↑	Consider recommending patients who have undergone total hip arthroplasty (THA) to comply with certain movement restrictions for a limited post-operative period of time (⊕○○○).

About the quick guide

This quick guide contains the key recommendations from the national clinical guideline on hip osteoarthritis – non-surgical treatment and rehabilitation following THA. The guideline was prepared by the DHA.

The national clinical guideline focuses on the non-surgical treatment of hip osteoarthritis as well as rehabilitation following THA. The focused questions are divided into two groups, each of which refers to one of these two patient categories

Thus, the guideline contains recommendations for selected parts of the field only and therefore must be seen alongside the other guidelines, process descriptions etc. in this field.

The recommendations are preceded by the following indications of their strength:

↑↑ = a strong recommendation for

↓↓ = a strong recommendation against

↑ = a weak/conditional recommendation for

↓ = a weak/conditional recommendation against

The symbol (√) stands for good practice. This symbol is used in case of lack of evidence, when the working group wants to emphasise particular aspects of the established clinical practice.

The recommendations are followed by the following symbols which indicate the strength of the underlying evidence – from high to very low:

(⊕⊕⊕⊕) = high

(⊕⊕⊕○) = moderate

(⊕⊕○○) = low

(⊕○○○) = very low

In case of lack of evidence, a recommendation is not followed by a symbol. This applies to the good practice recommendations.

Further information at sundhedsstyrelsen.dk

At sundhedsstyrelsen.dk, a full-length version of the national clinical guideline is available, including a detailed review of the underlying evidence for the recommendations.

About the national clinical guidelines

The national clinical guideline is one of the 50 national clinical guidelines (NCGs) to be prepared by the DHA during the period 2013-2016.

Further information about the choice of subjects, method and process is available at sundhedsstyrelsen.dk.
