

# Kunstig Hofte eller Træning ved Svær Hofteartrose?

Et Klinisk Lodtrækningsforsøg

**Thomas Frydendal,**  
Fysioterapeut, cand.scient.fys., ph.d.

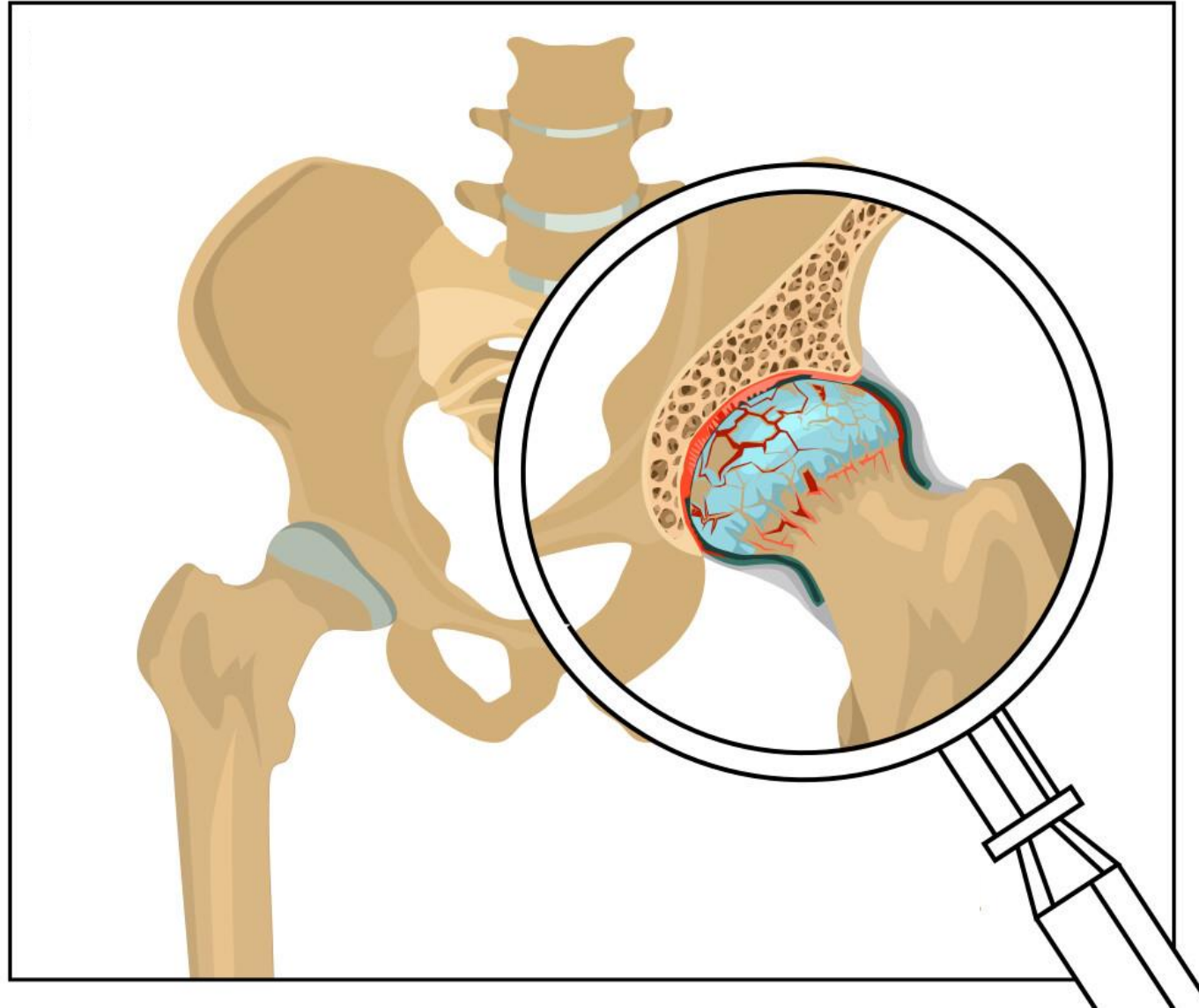


Medforfattere:

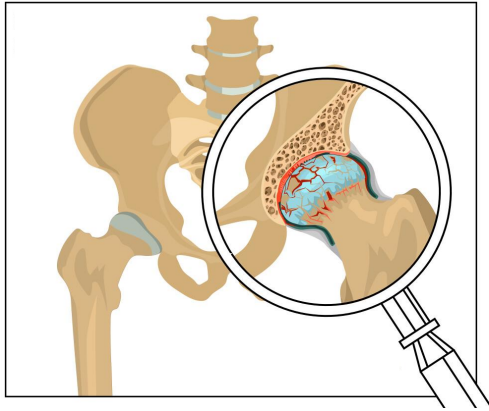
Robin Christensen, Inger Mechlenburg, Lone Ramer Mikkelsen, Claus Varnum, Anders Elneff Graversen, Per Kjærsgaard-Andersen, Peter Hvidbak Revald, Christian Hofbauer, Manuel Josef Bieder, Haidar Qassim, Mohammad Samir Munir, Stig Storgaard Jakobsen, Sabrina Mai Nielsen, Kim Gordon Ingwersen, Søren Overgaard



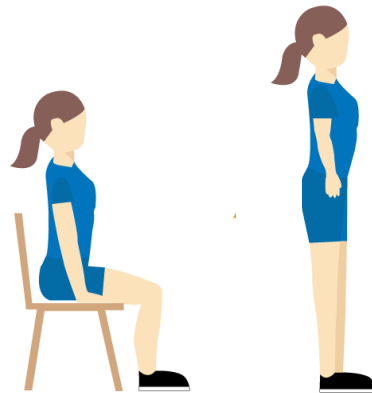
# HOFTEARTROSE



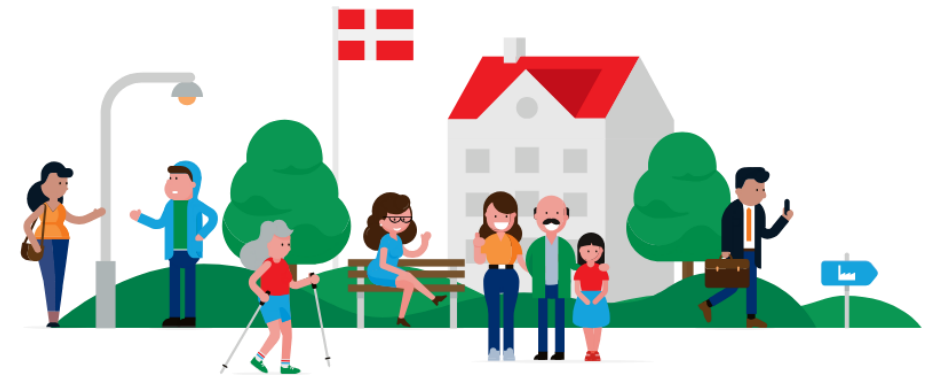
# HOFTEARTROSE



**Smerter** ↑

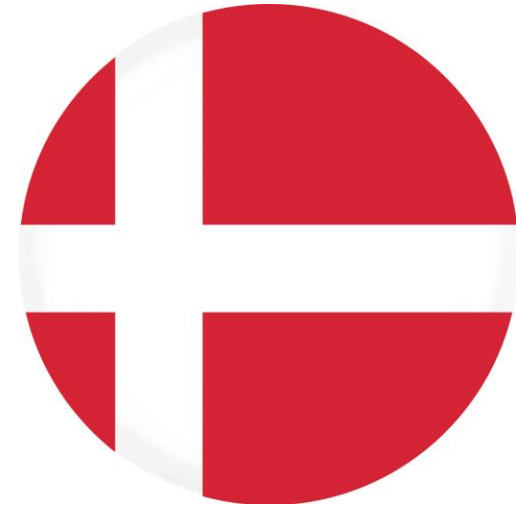
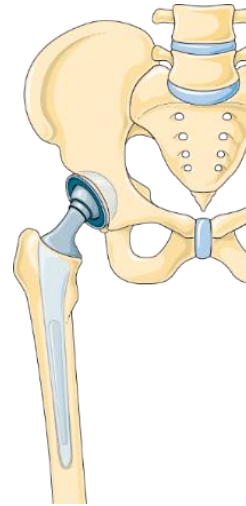
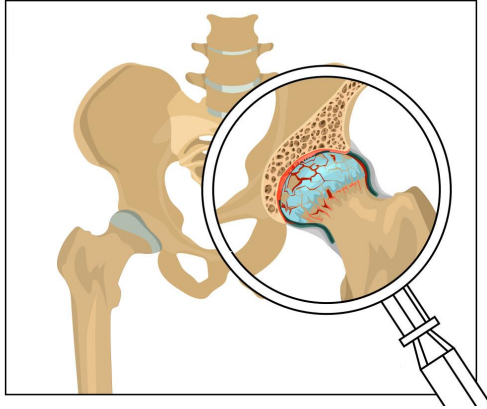


**Funktionsevne** ↓



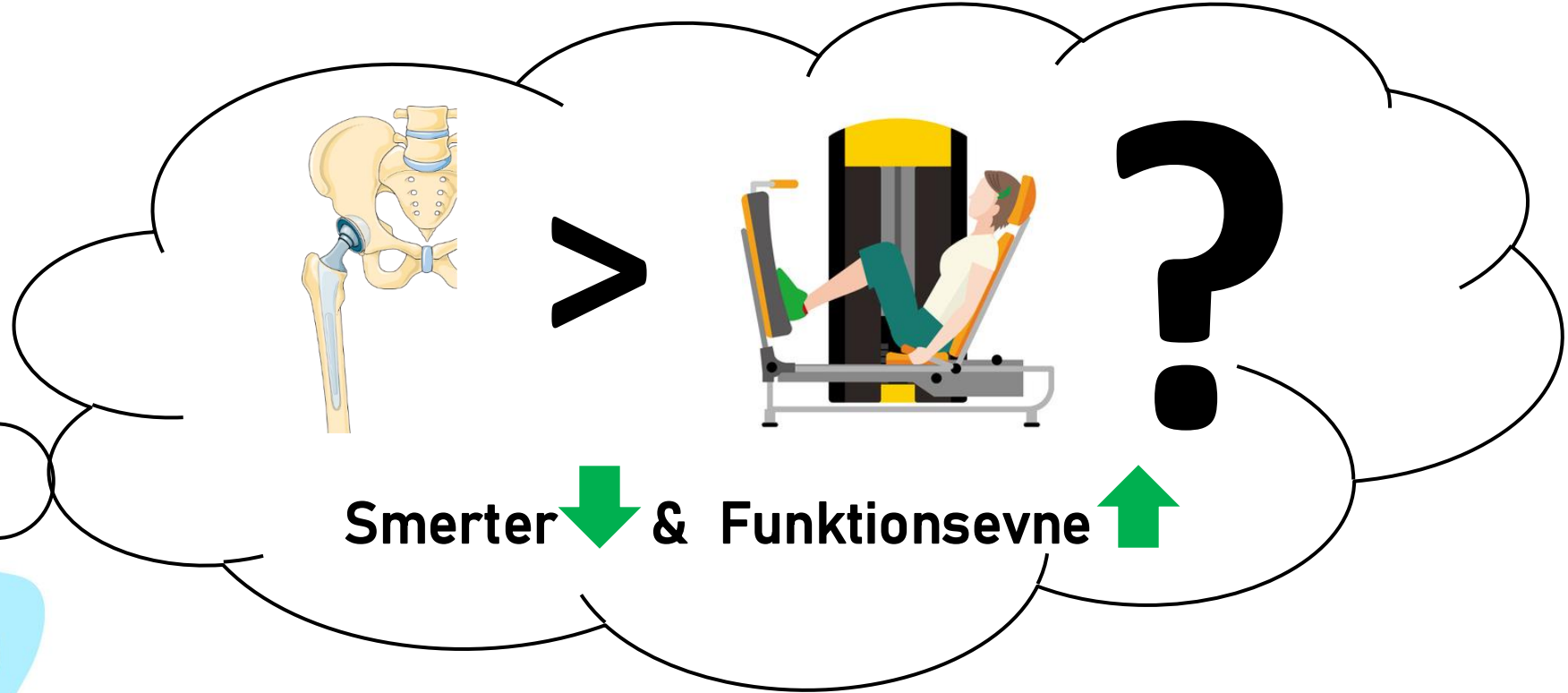
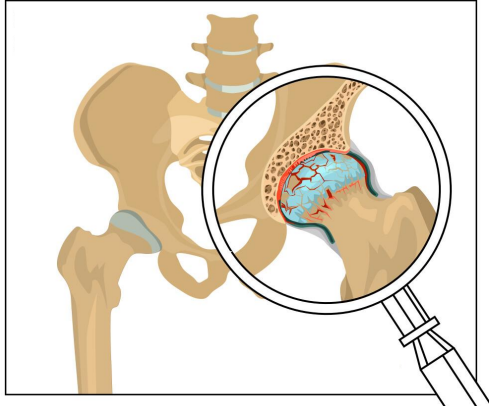
**Livskvalitet** ↓

# HOFTEARTROSE



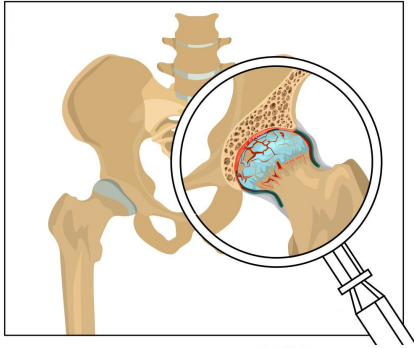
≈ 12.000 personer/pr. år

# HOFTEARTROSE



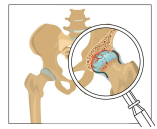


# STUDIEDESIGN & DELTAGERE



**1474**

# STUDIEDESIGN & DELTAGERE

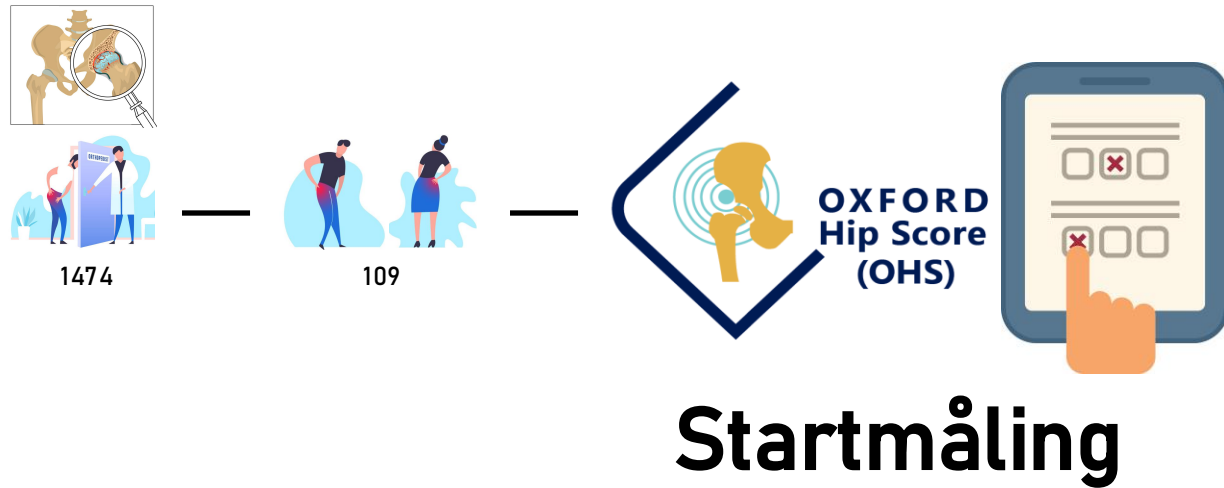


1474



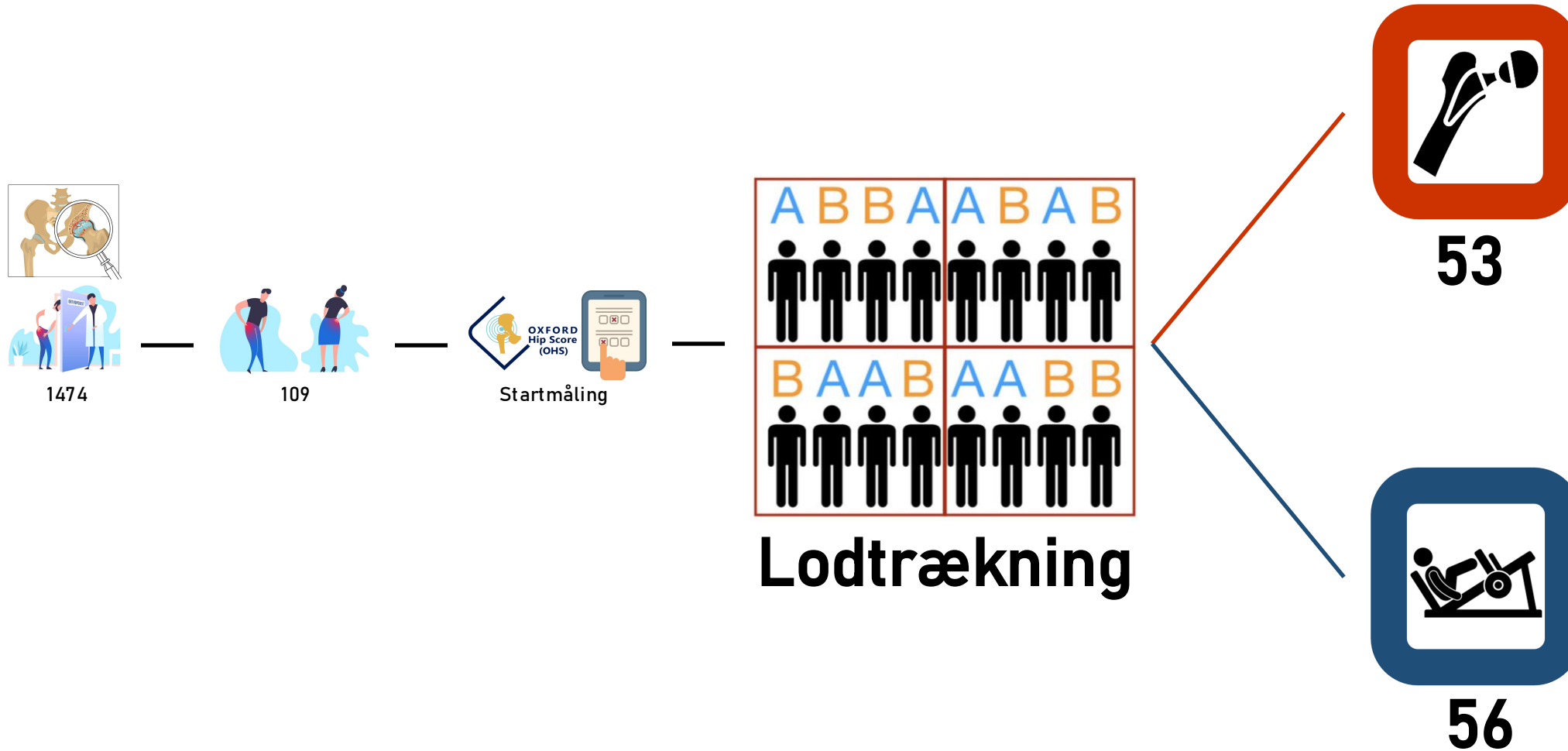
109

# STUDIEDESIGN & DELTAGERE

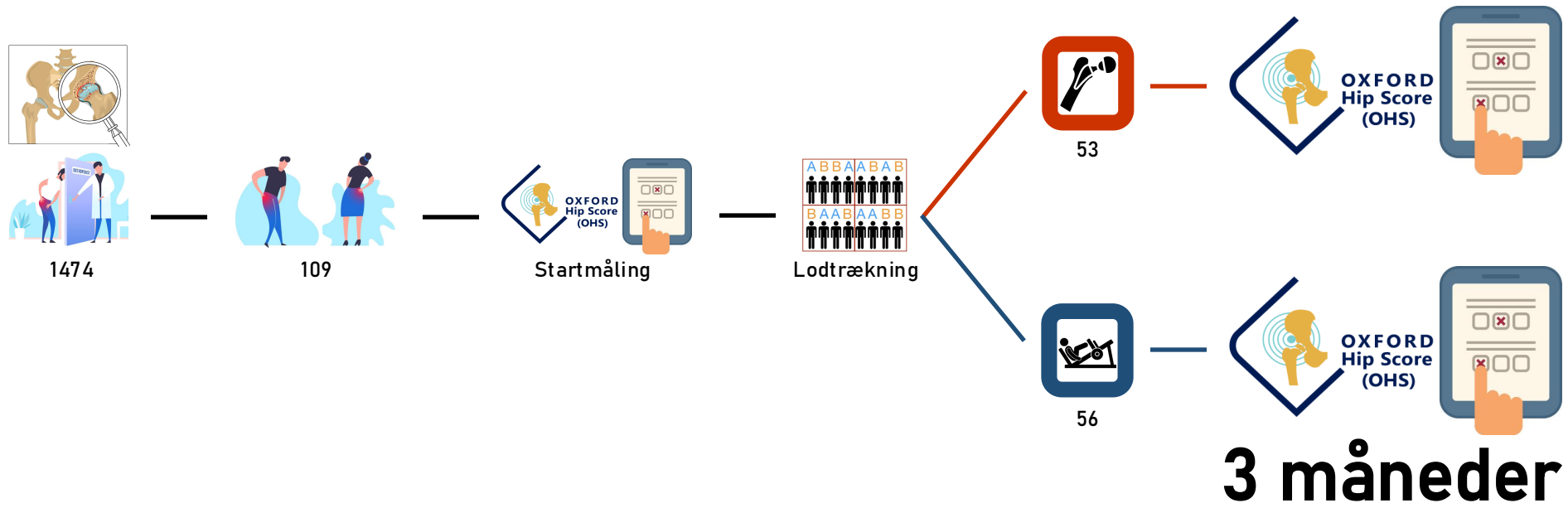




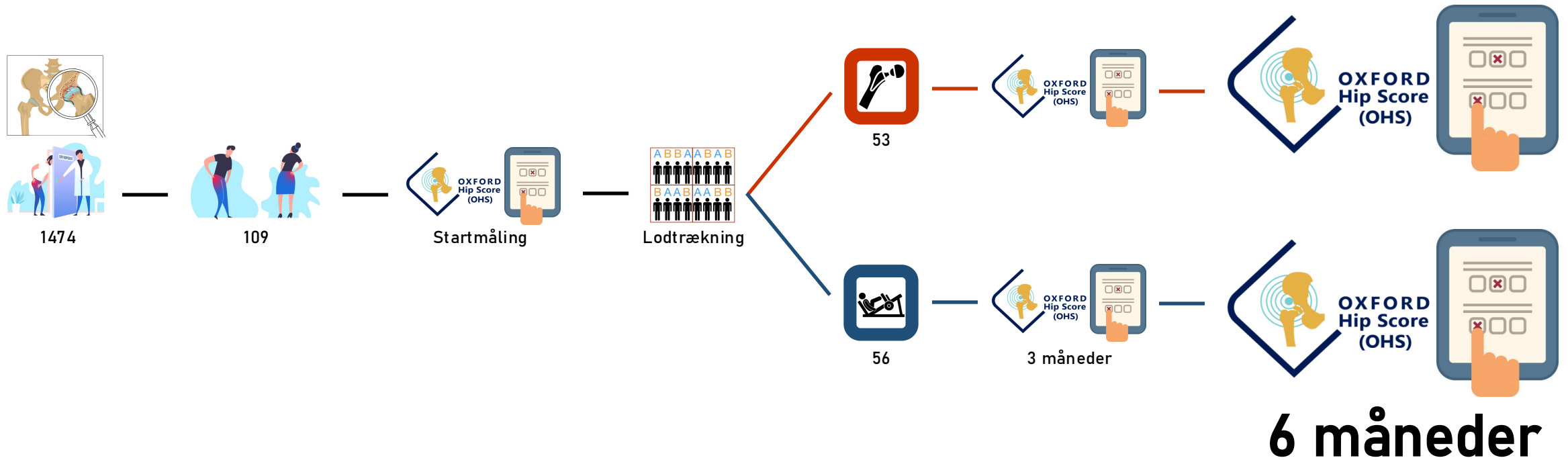
# STUDIEDESIGN & DELTAGERE



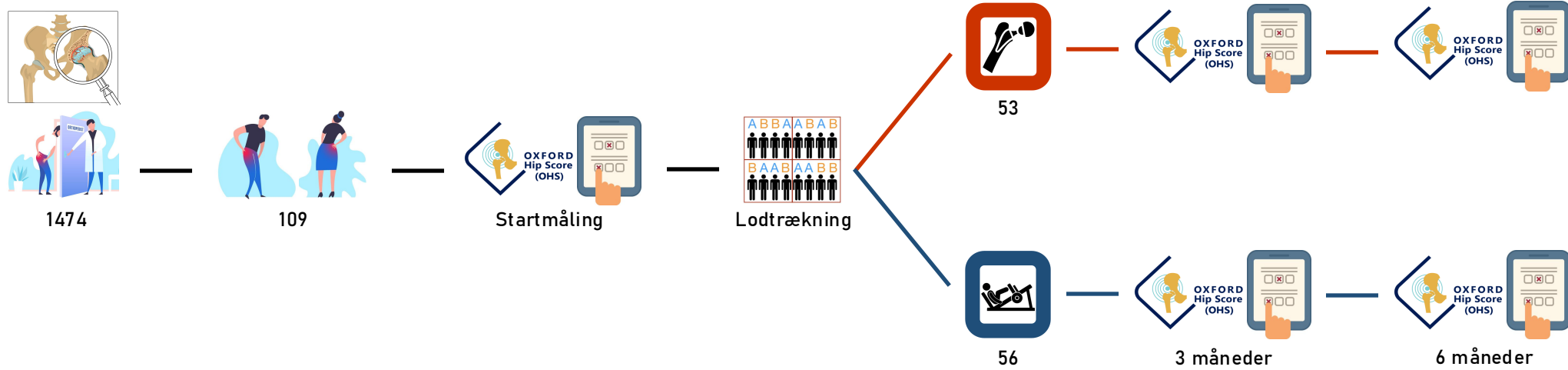
# STUDIEDESIGN & DELTAGERE



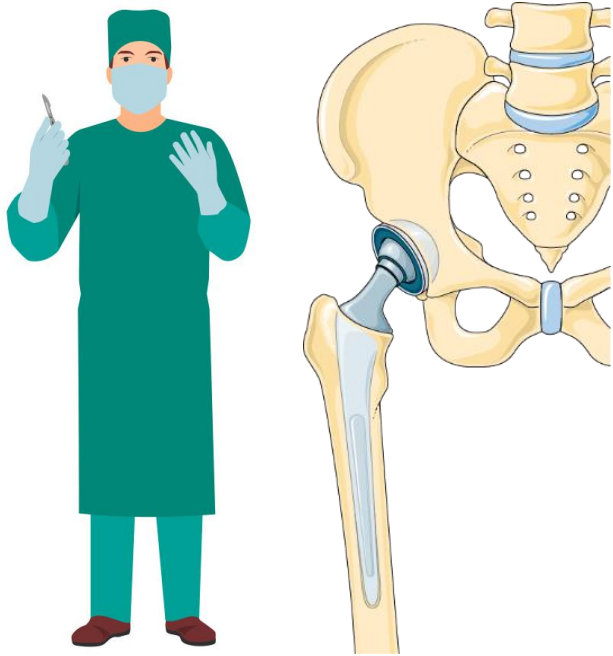
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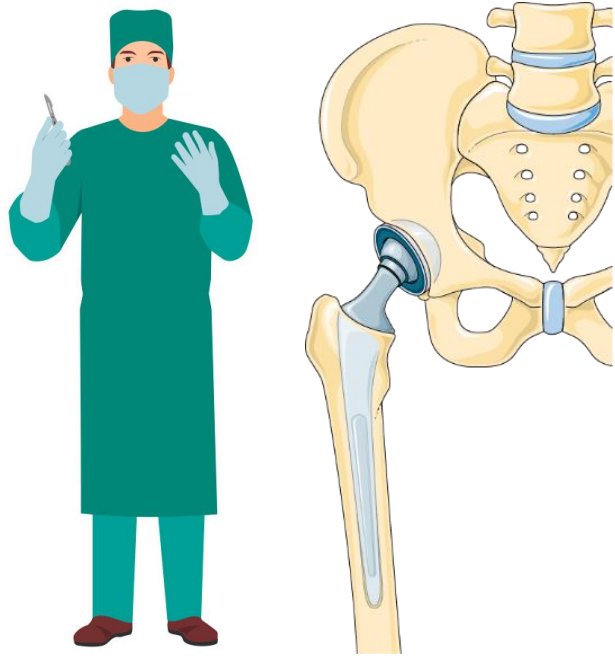


# KUNSTIG HOFTE



**Operation med kunstigt  
hofteled**

# KUNSTIG HOFTE

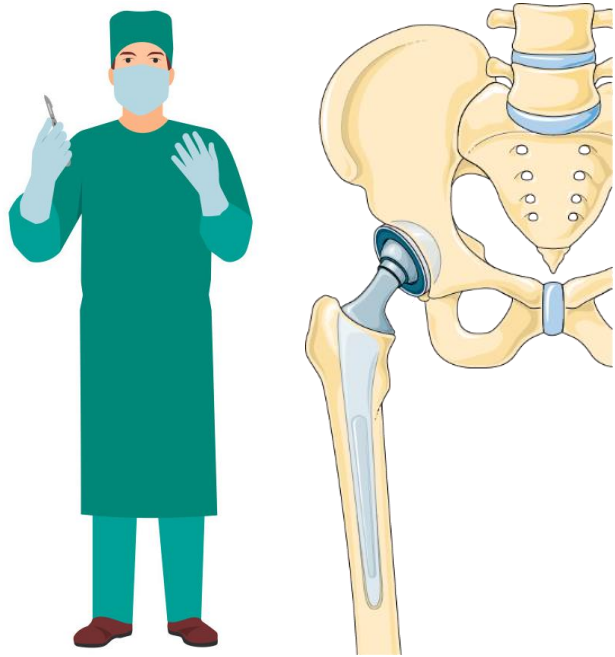


**Operation med kunstigt  
hofteled**



**4 Hospitaler**

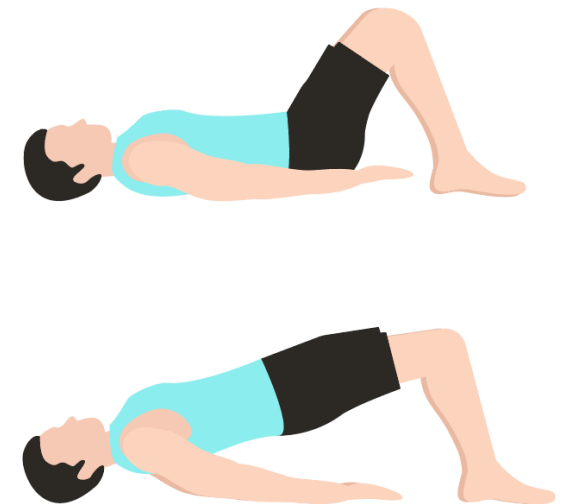
# KUNSTIG HOFTE



**Operation med kunstigt  
hofteled**



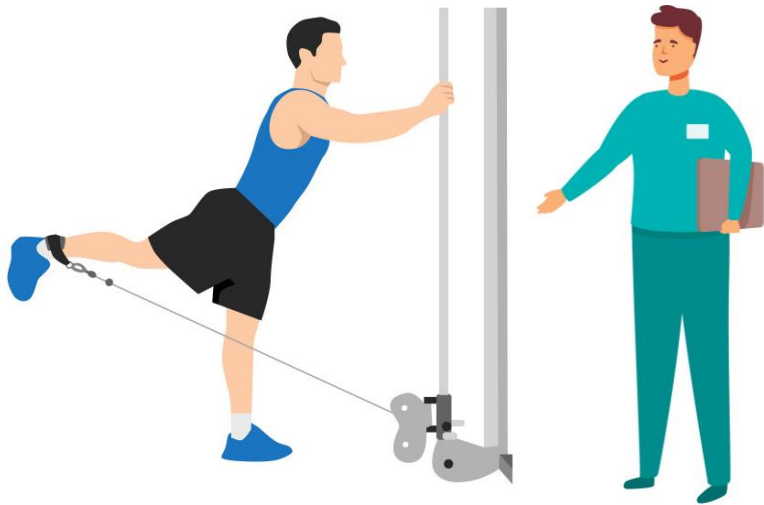
**4 Hospitaler**



**Genoptræning**

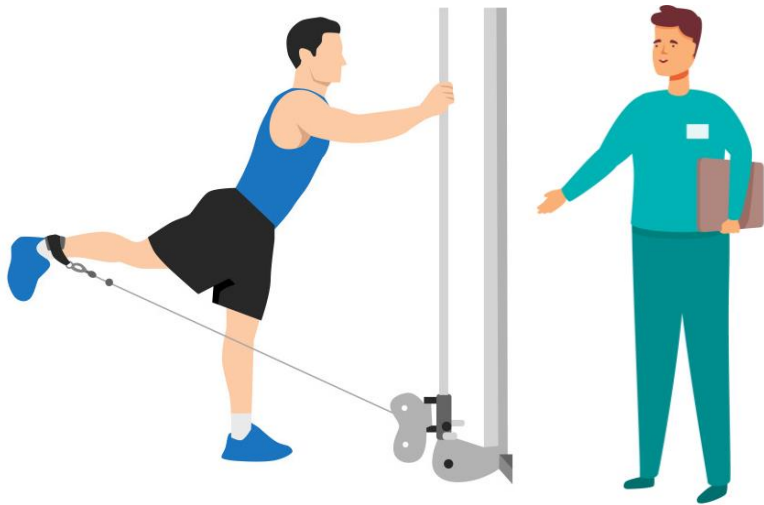


# STYRKETRÆNINGSFORLØB



**12 ugers superviseret  
styrketræning**

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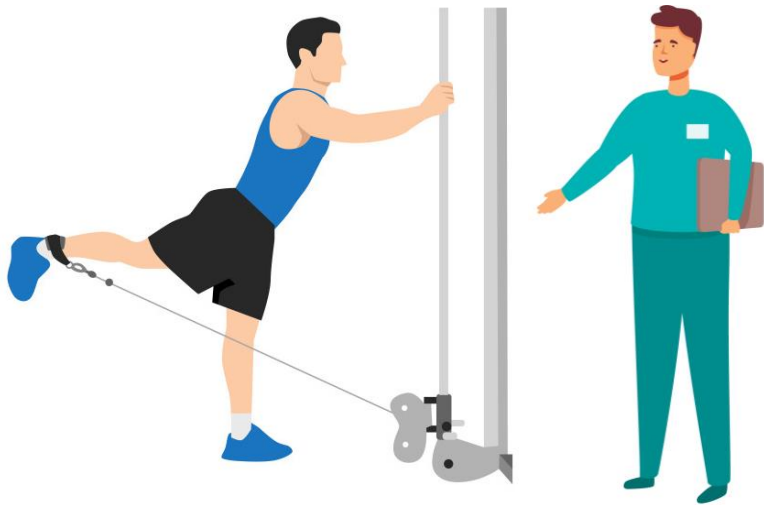


**12 ugers superviseret  
styrketræning**



**12 træningsenheder**

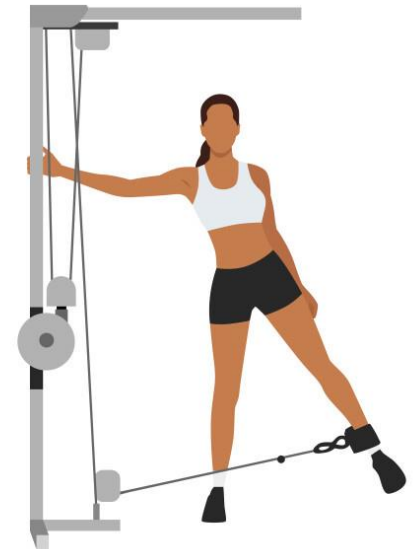
# STYRKETRÆNINGSFORLØB



**12 ugers superviseret styrketræning**



**12 træningsenheder**



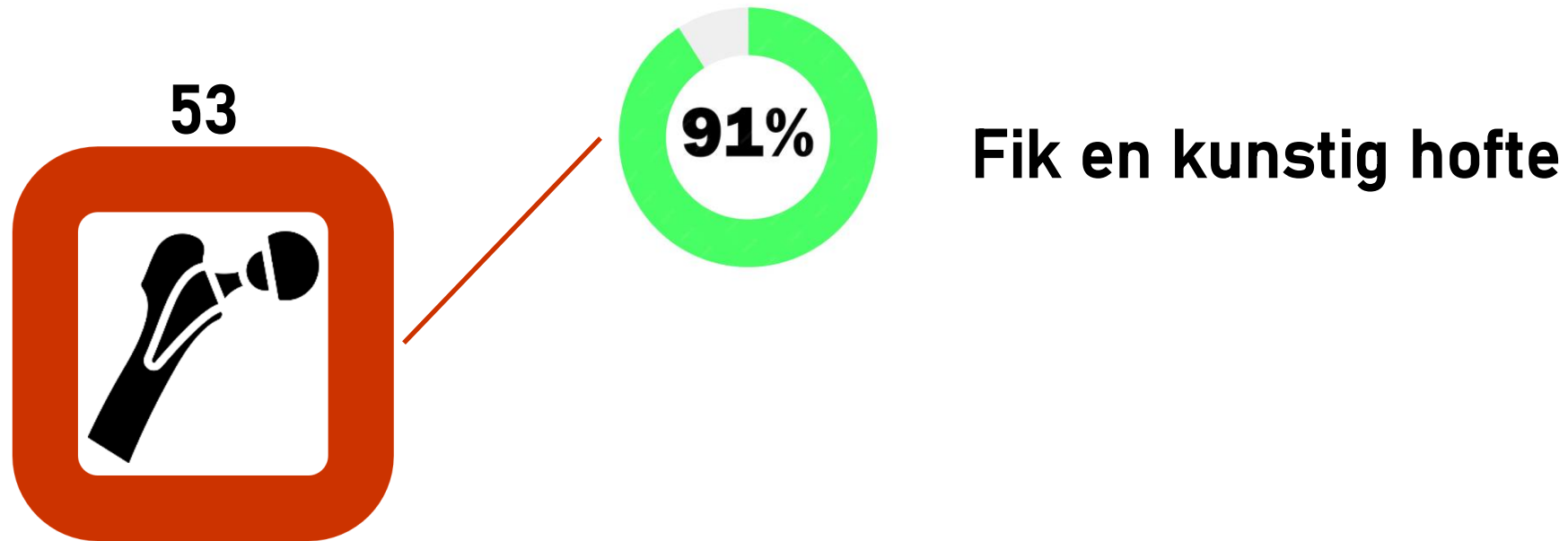
**12 ugers selvtræning**

# HVOR MANGE FULGTE DEN TILDELTE BEHANDLING?

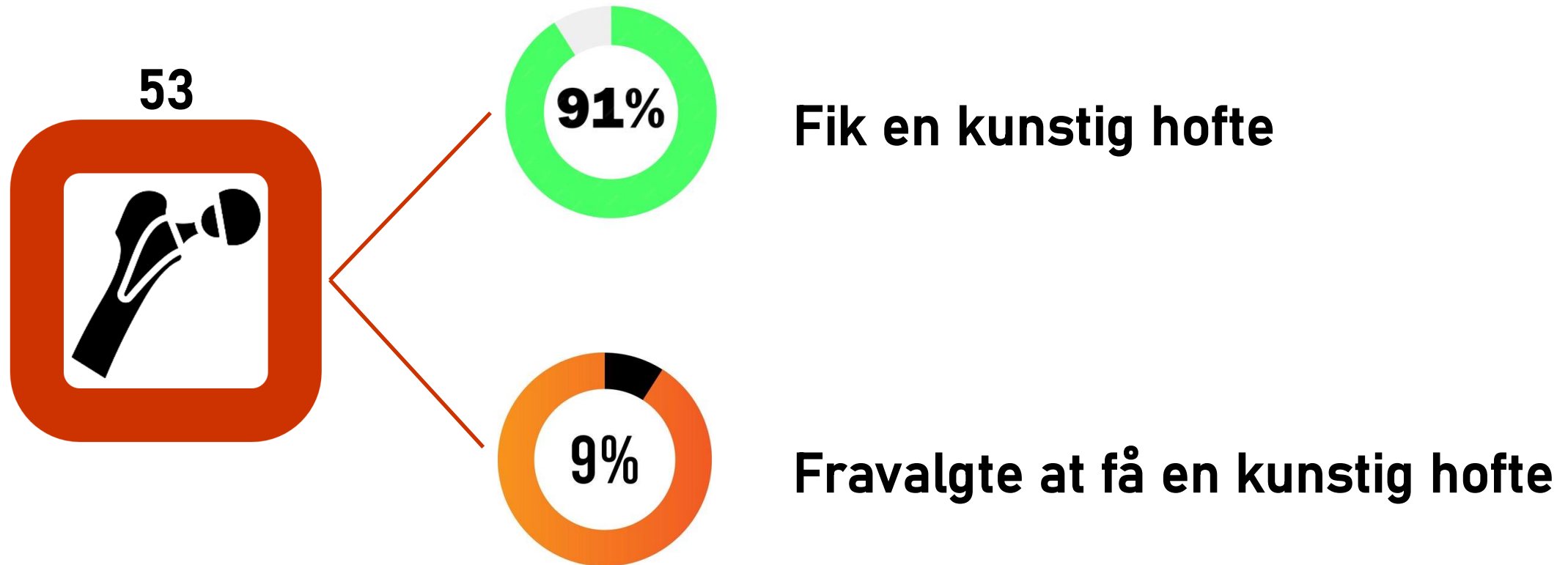
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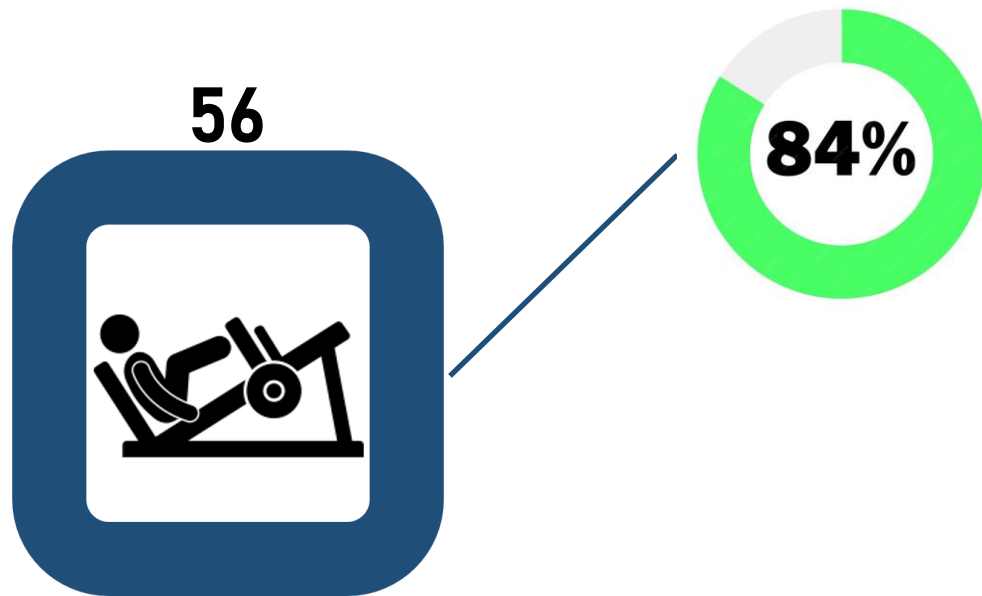
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56



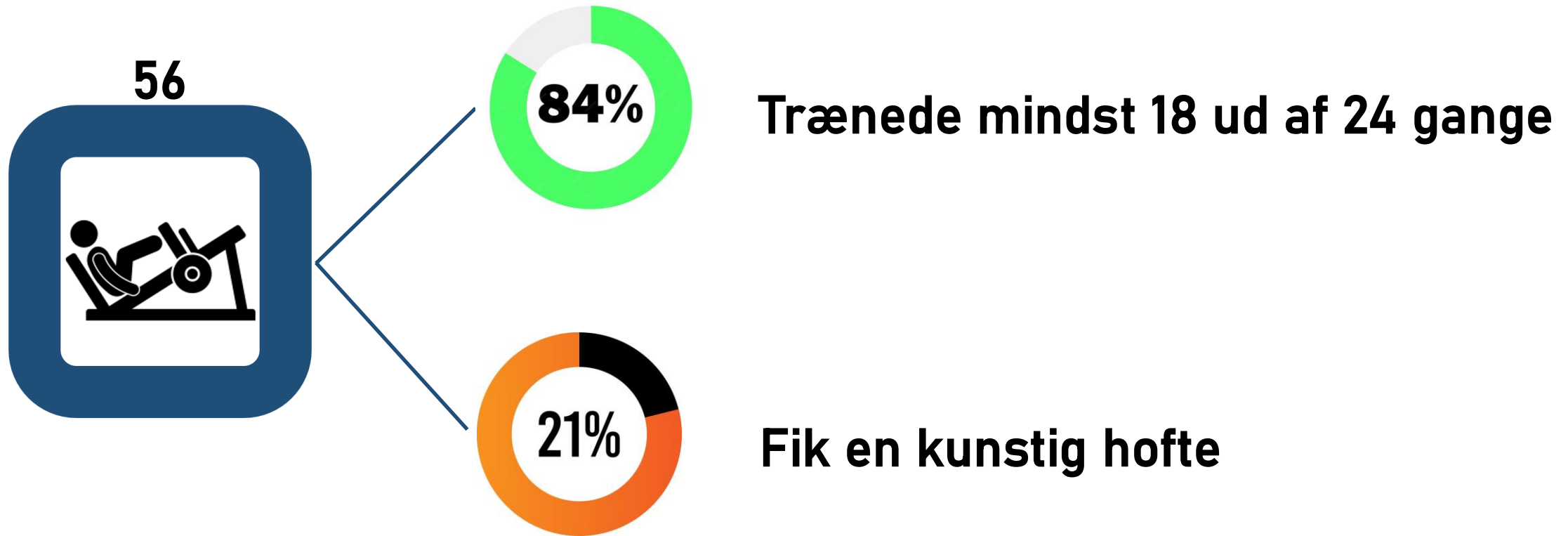


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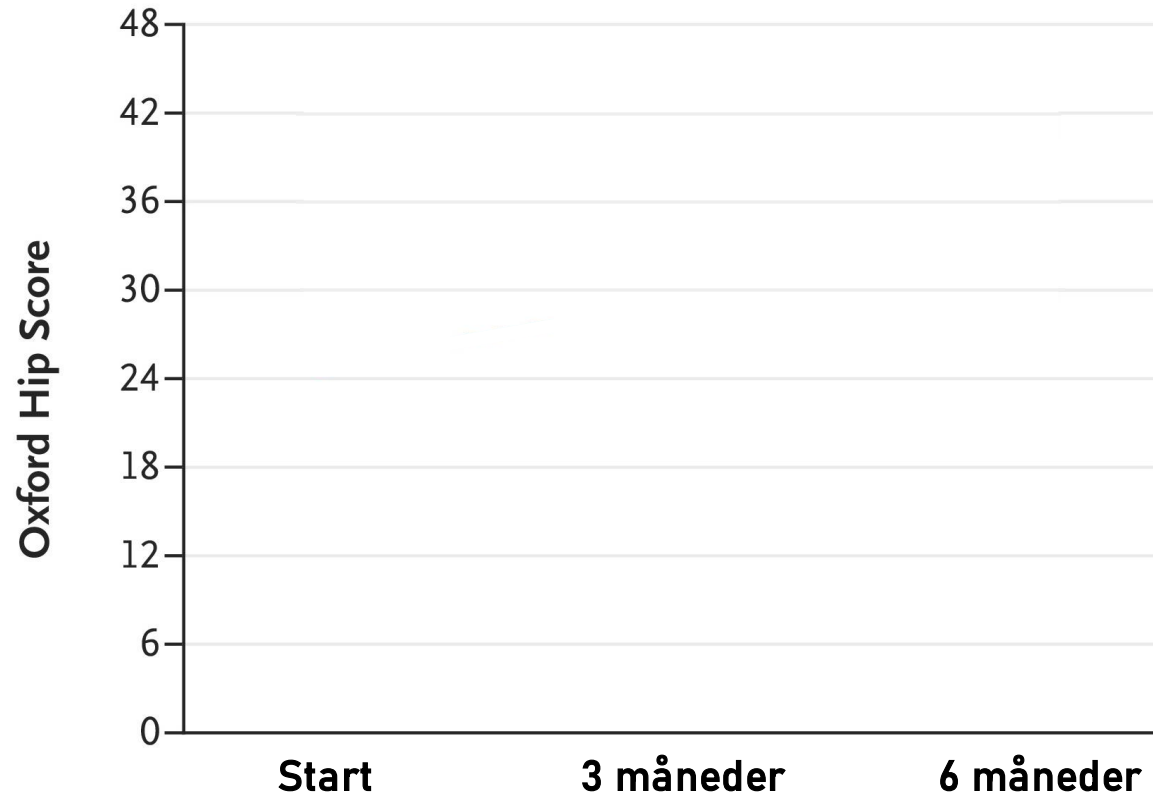
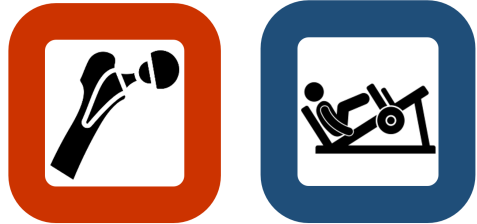


Trænede mindst 18 ud af 24 gange

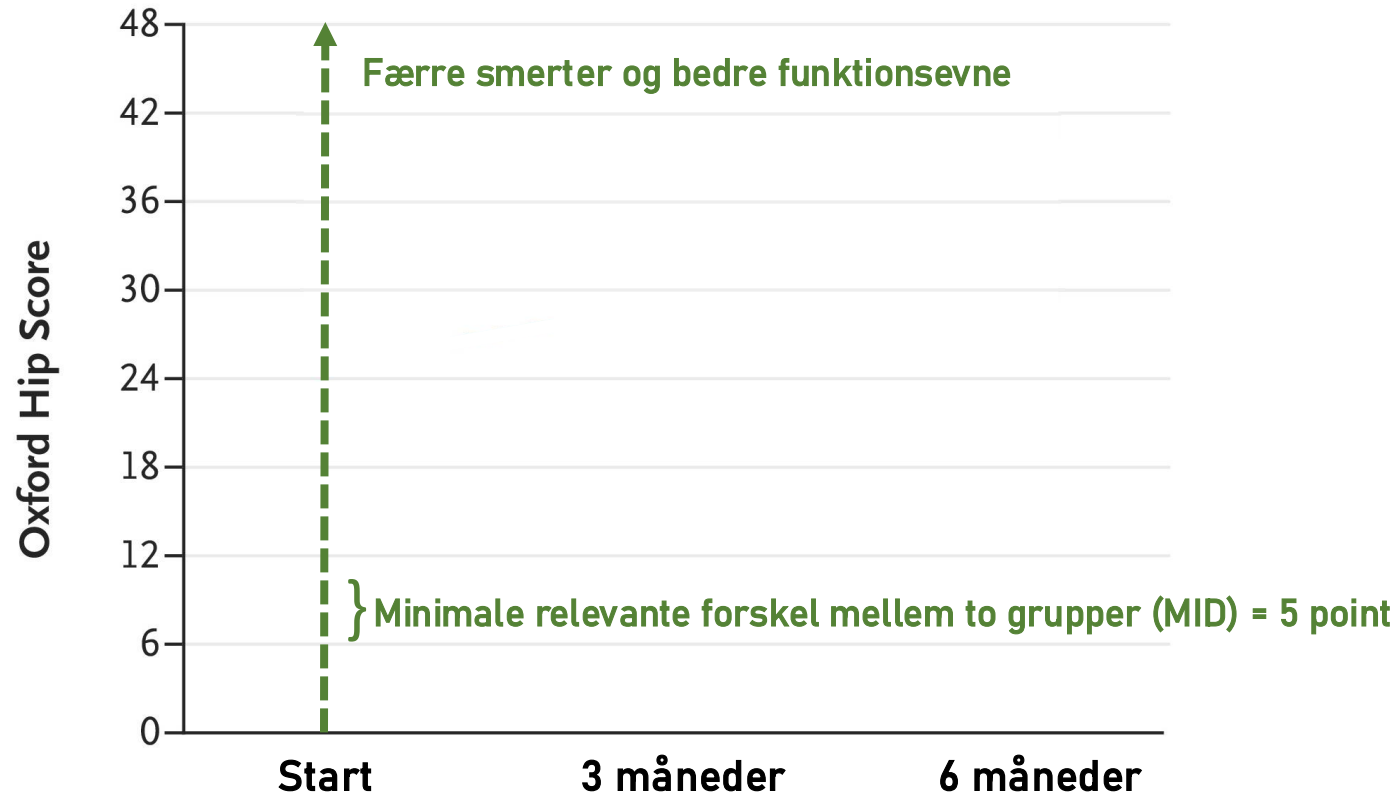
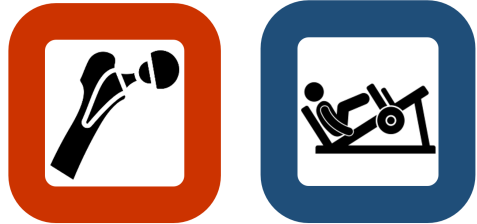
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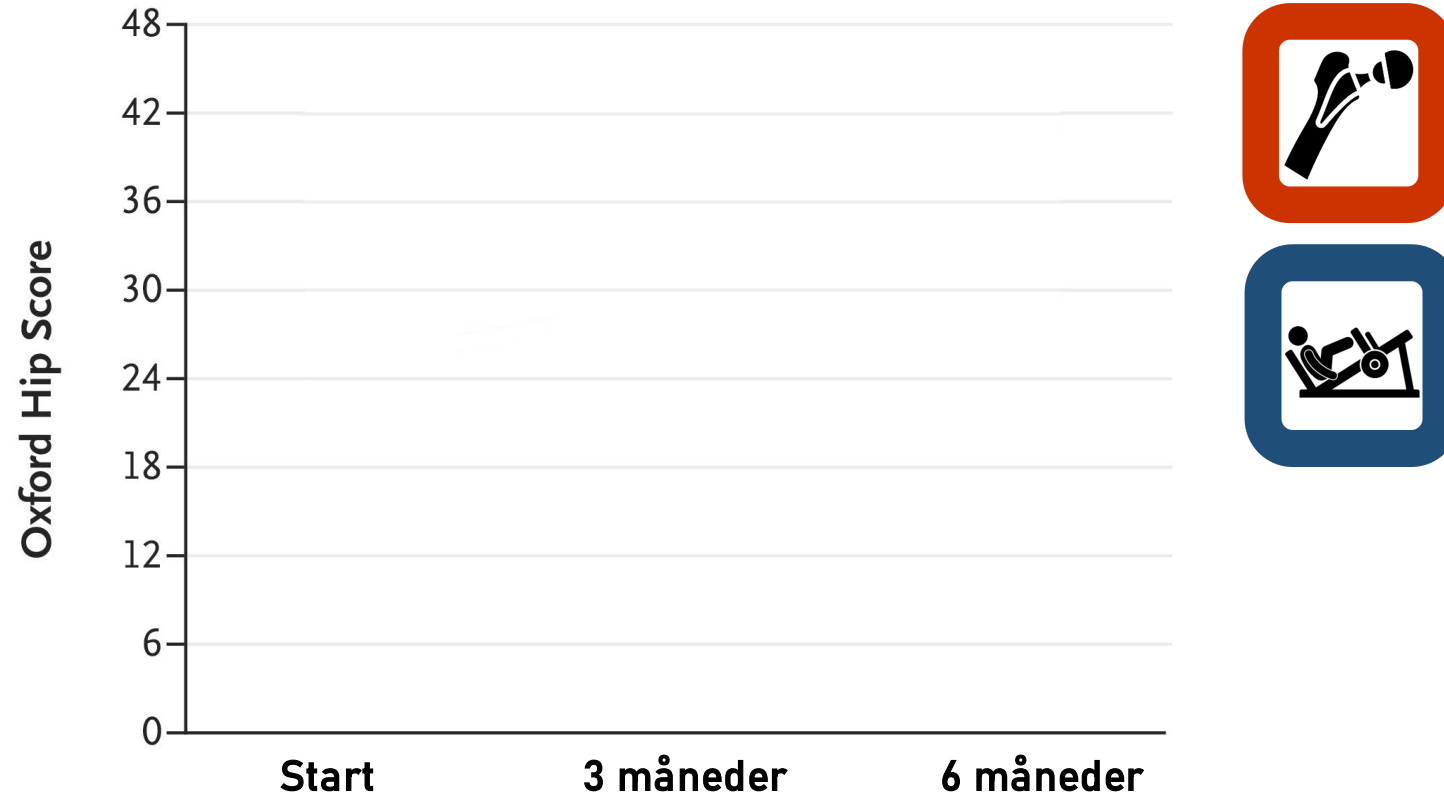
# ÆNDRING I SMERTER & FUNKTIONSEVNE



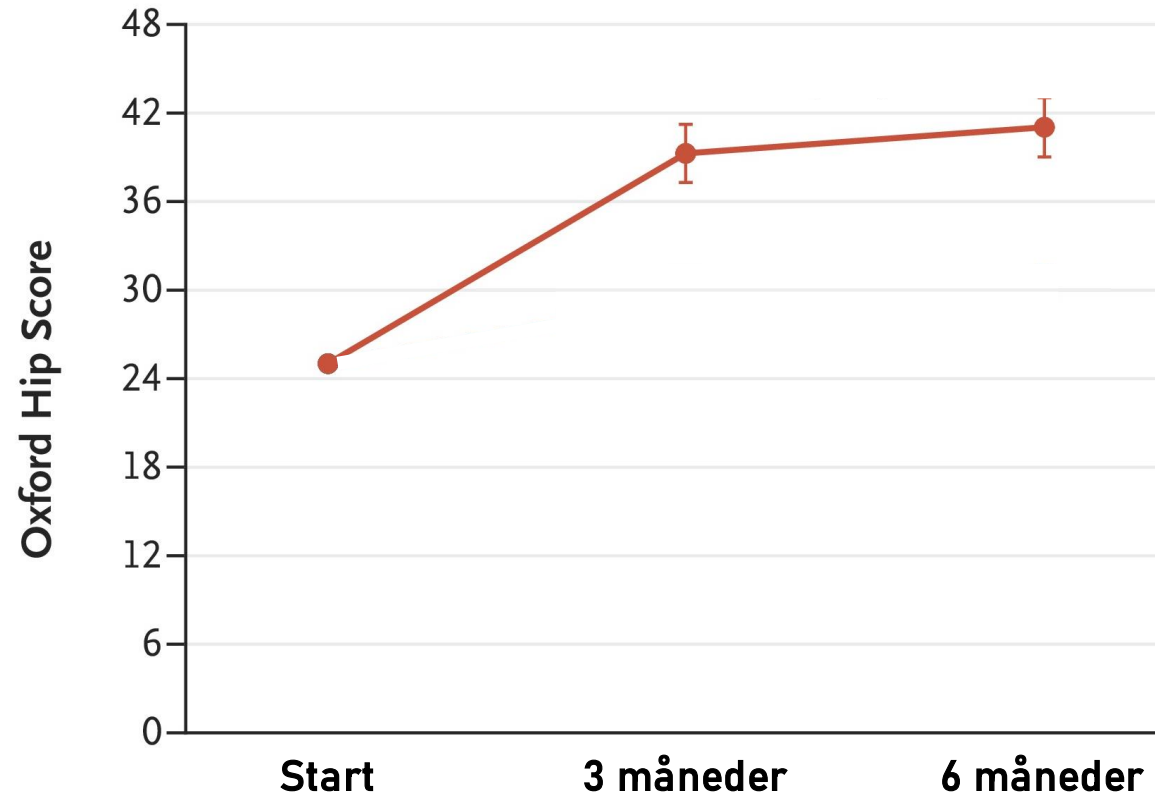
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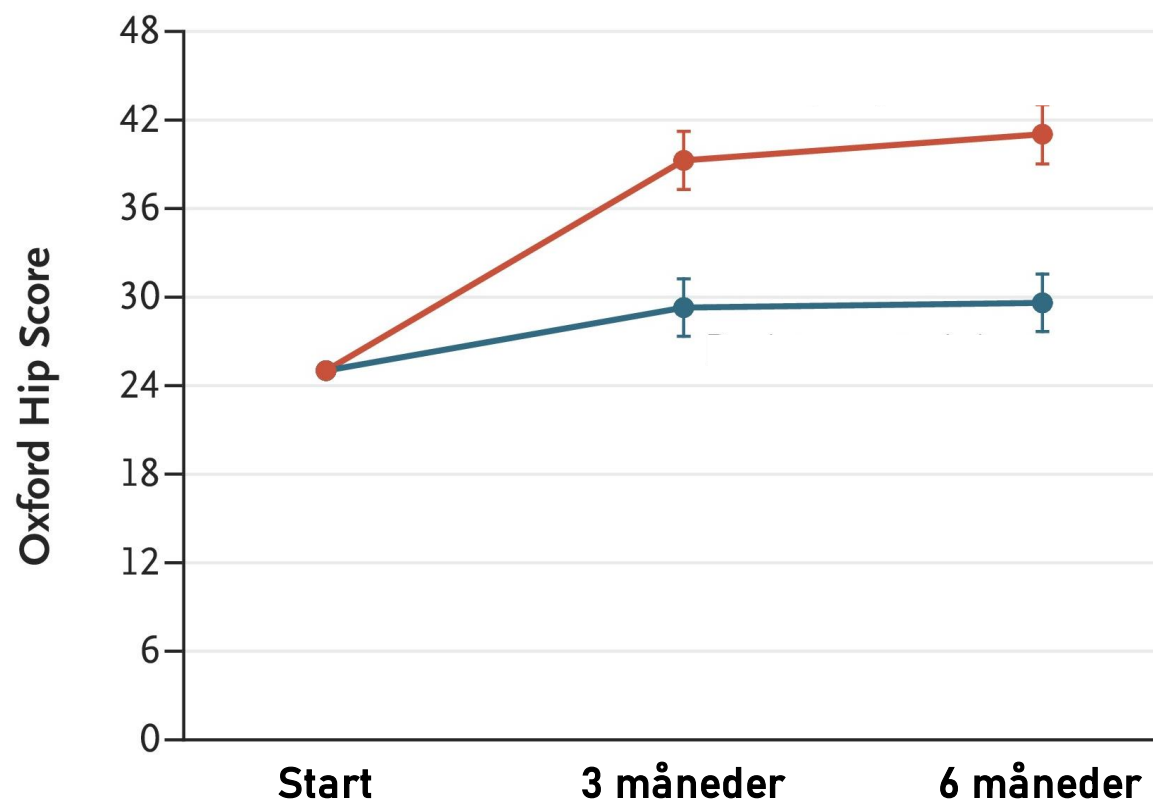
# ÆNDRING I SMERTER & FUNKTIONSEVNE



+15.9 point



# ÆNDRING I SMERTER & FUNKTIONSEVNE



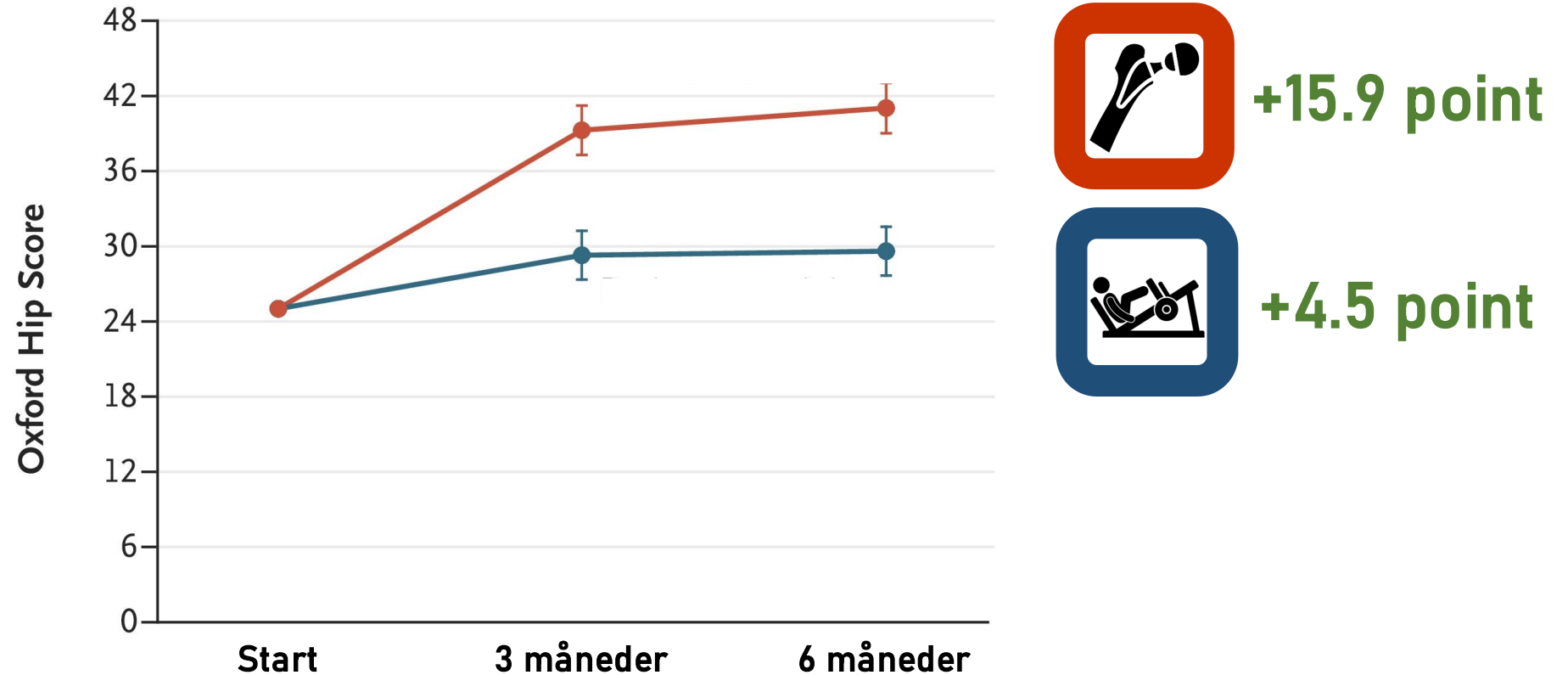
+15.9 point



+4.5 point

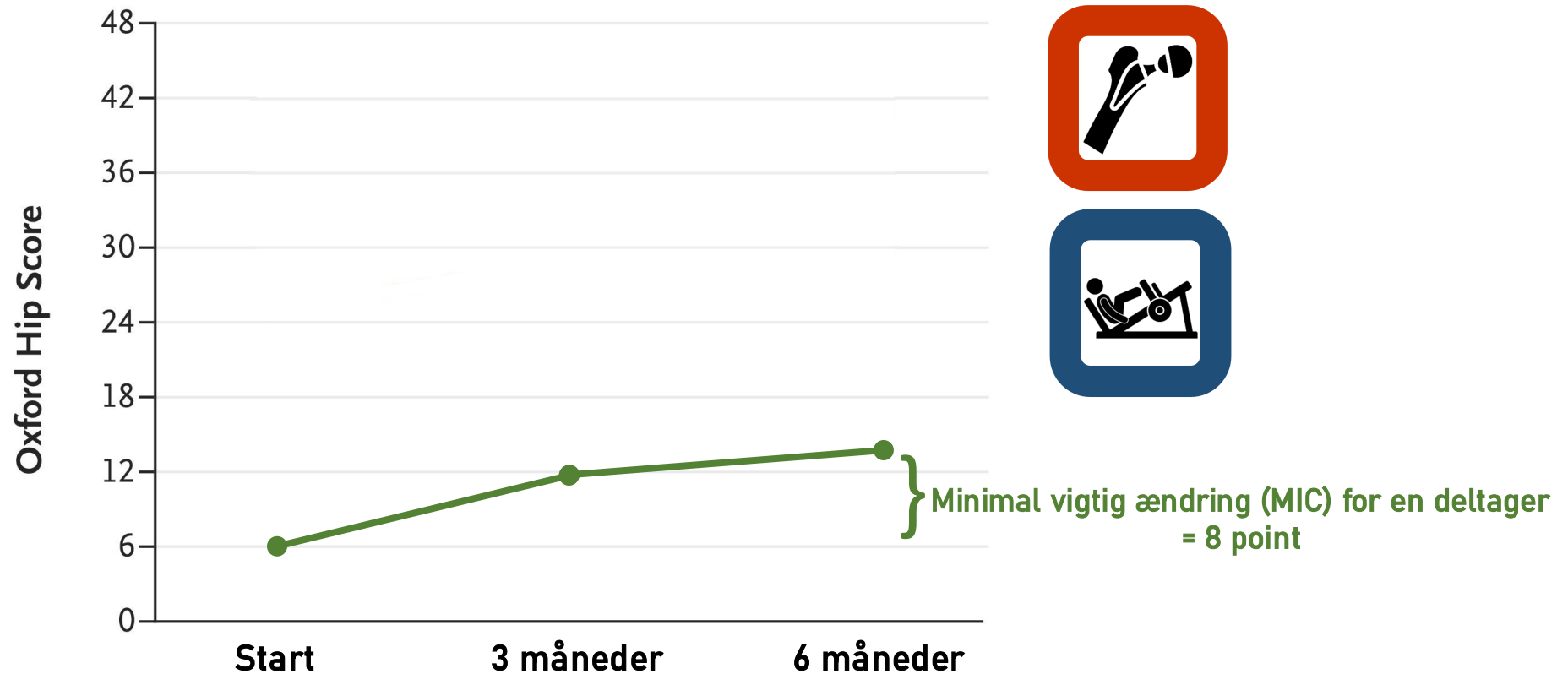


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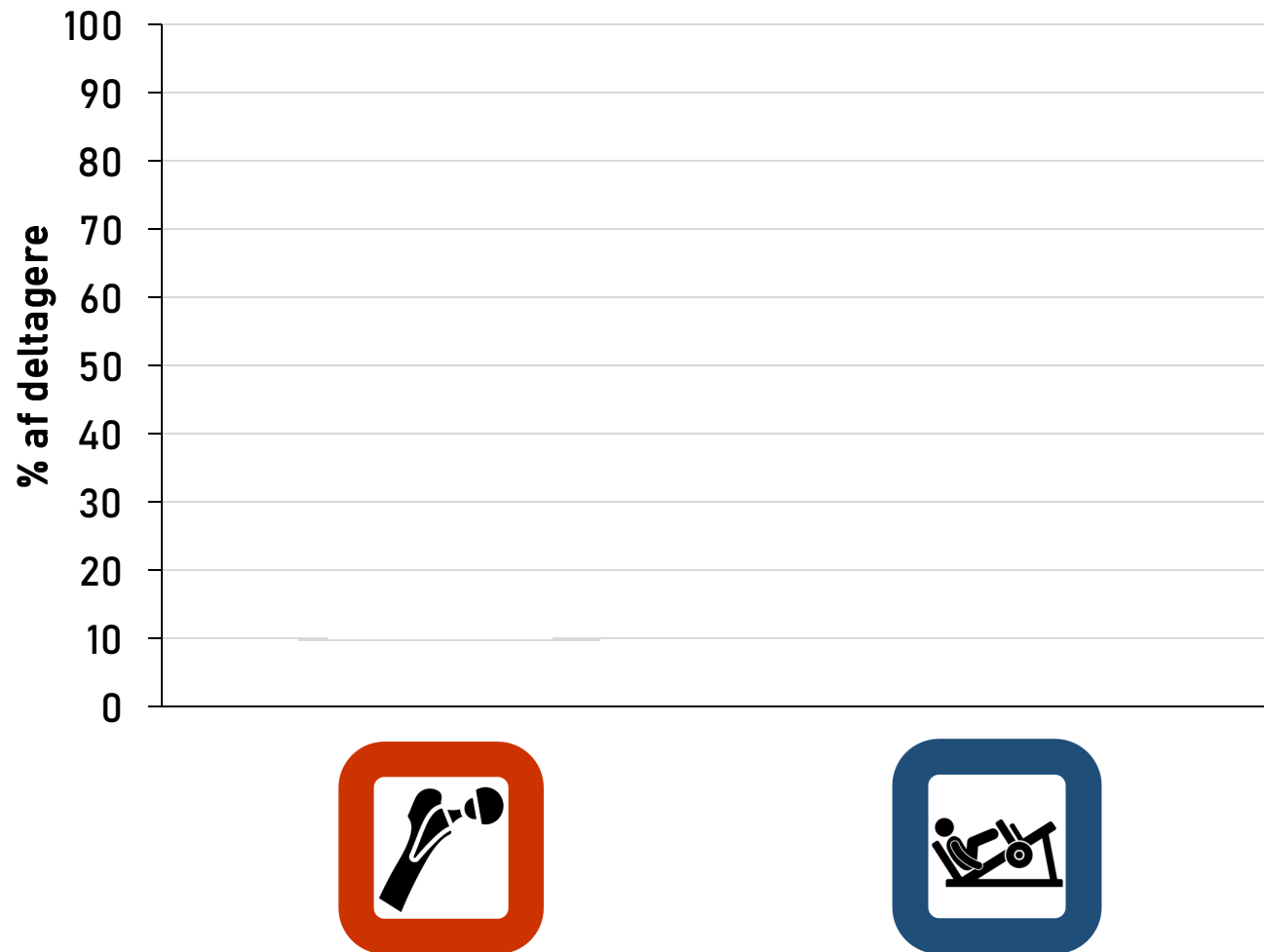


**Gruppeforskkel = 11.4 point**

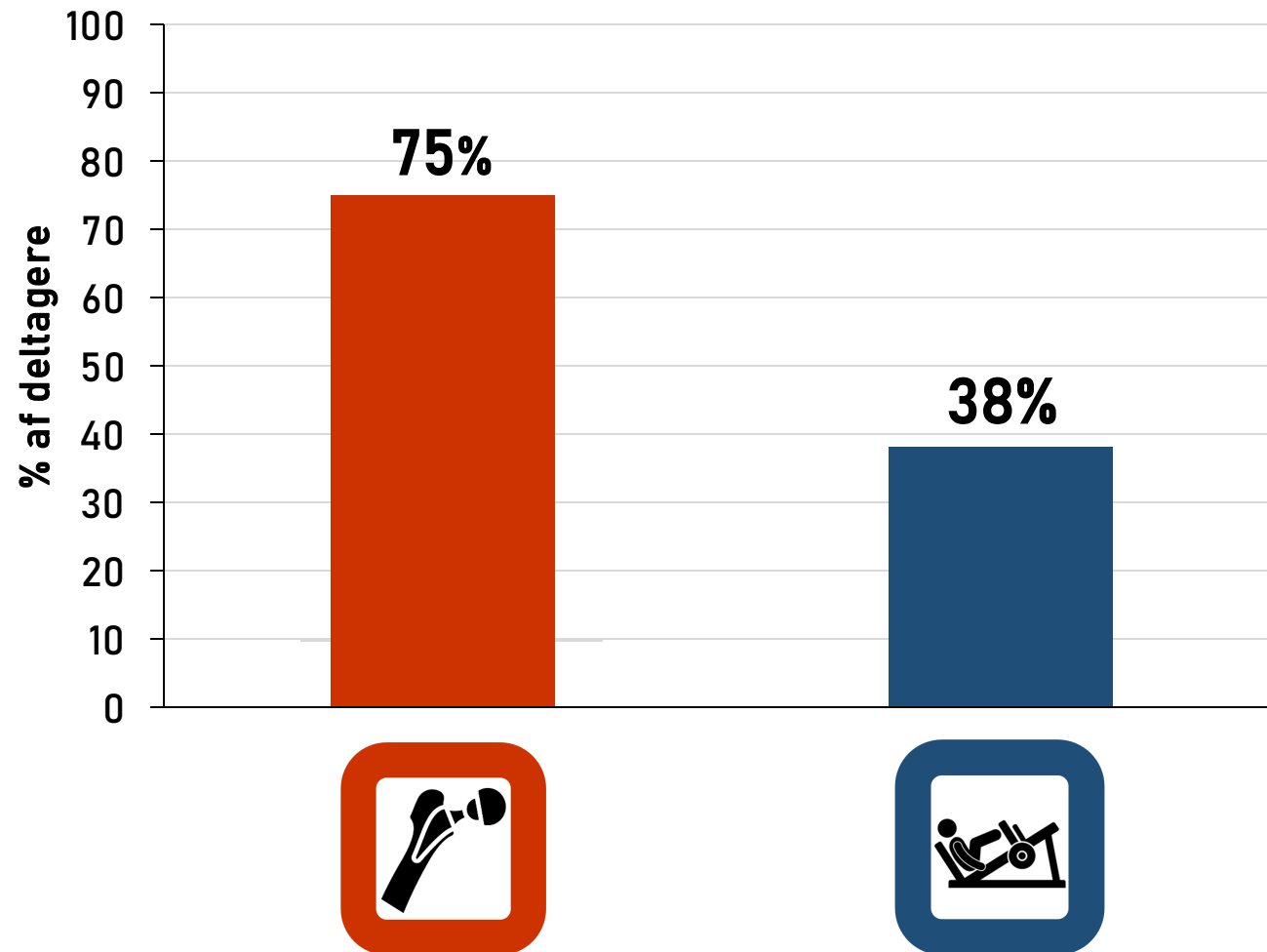
# HVOR MANGE OPNÅEDE EN MINIMAL VIGTIG ÆNDRING?



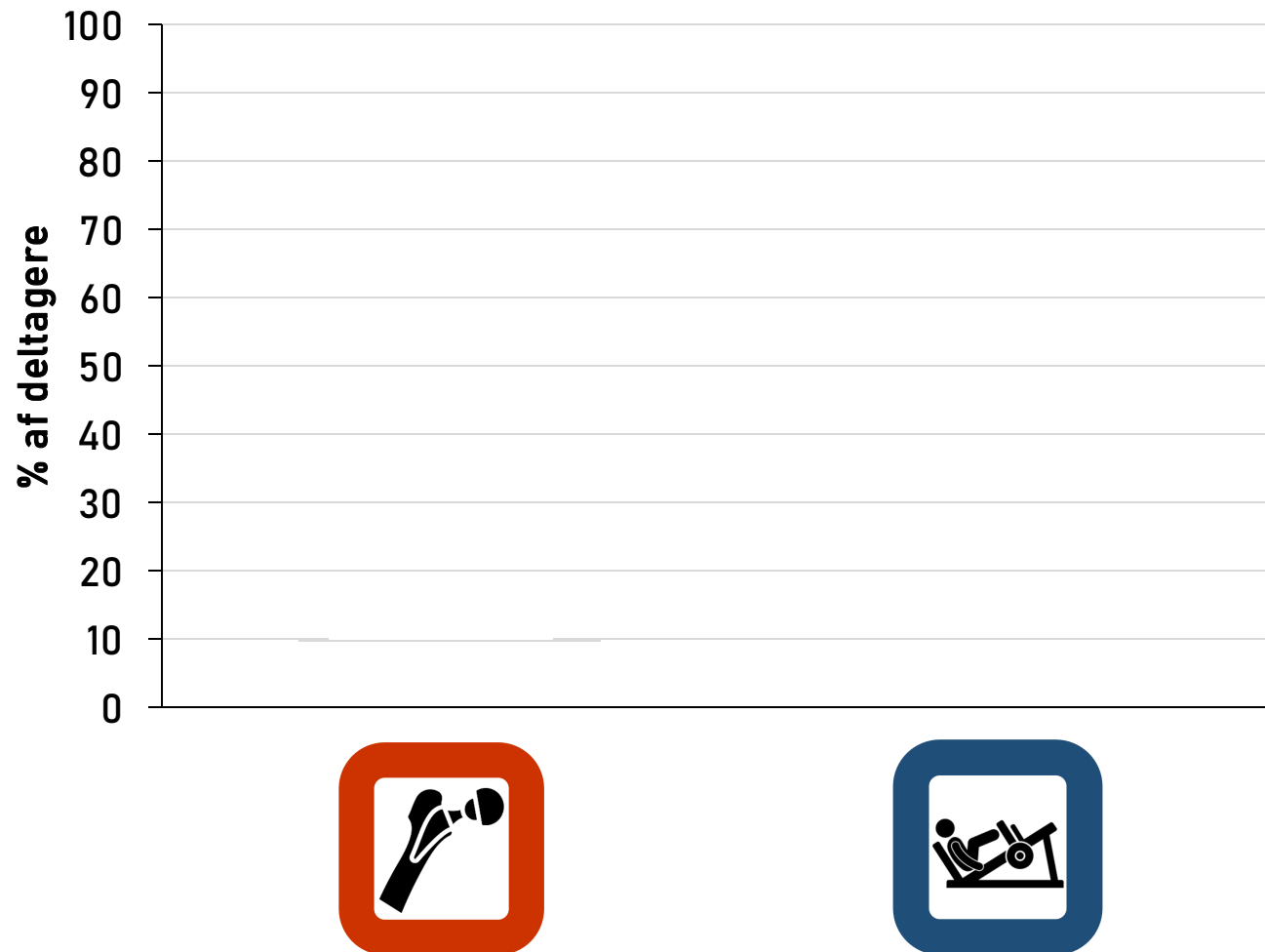
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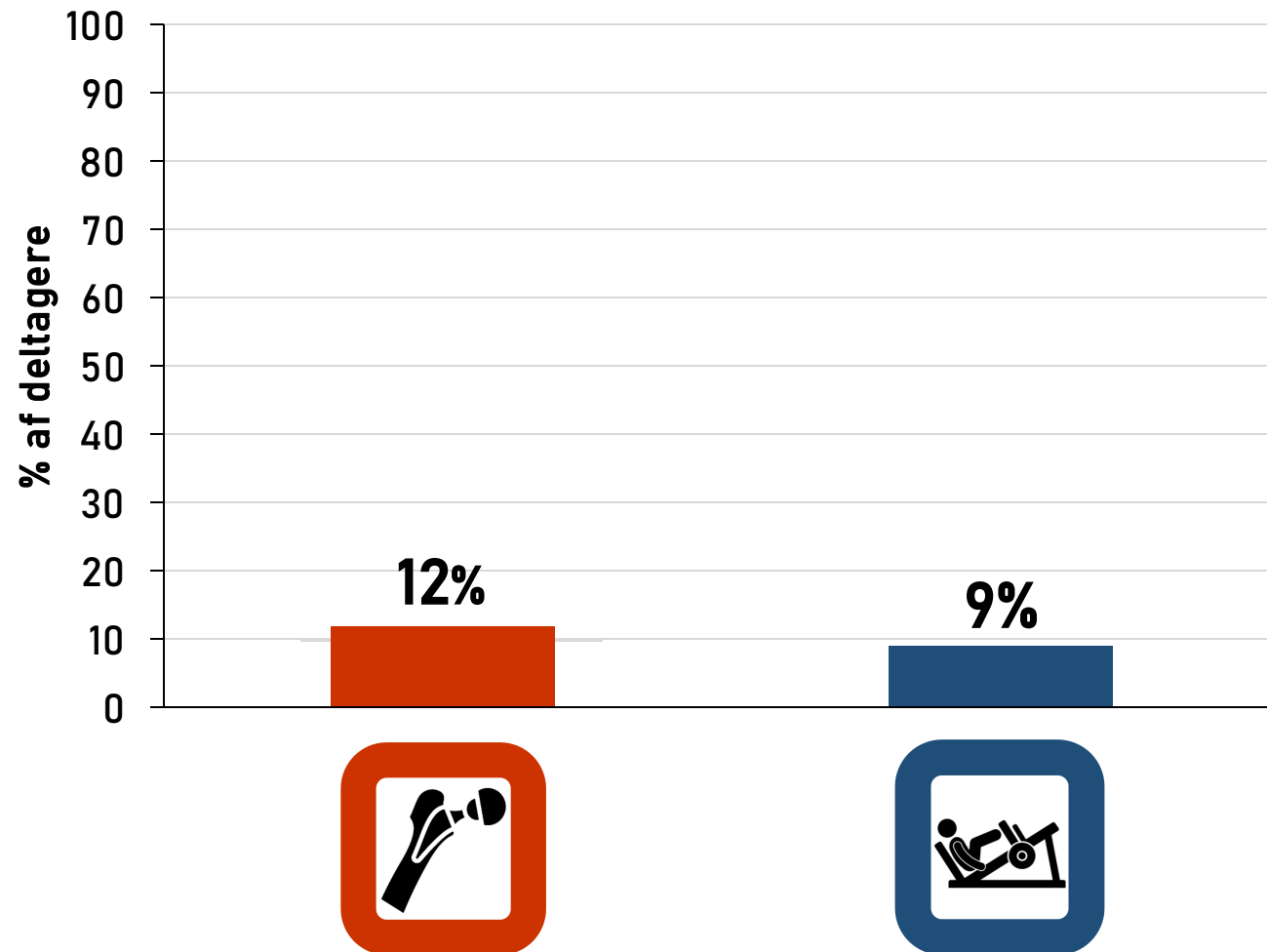
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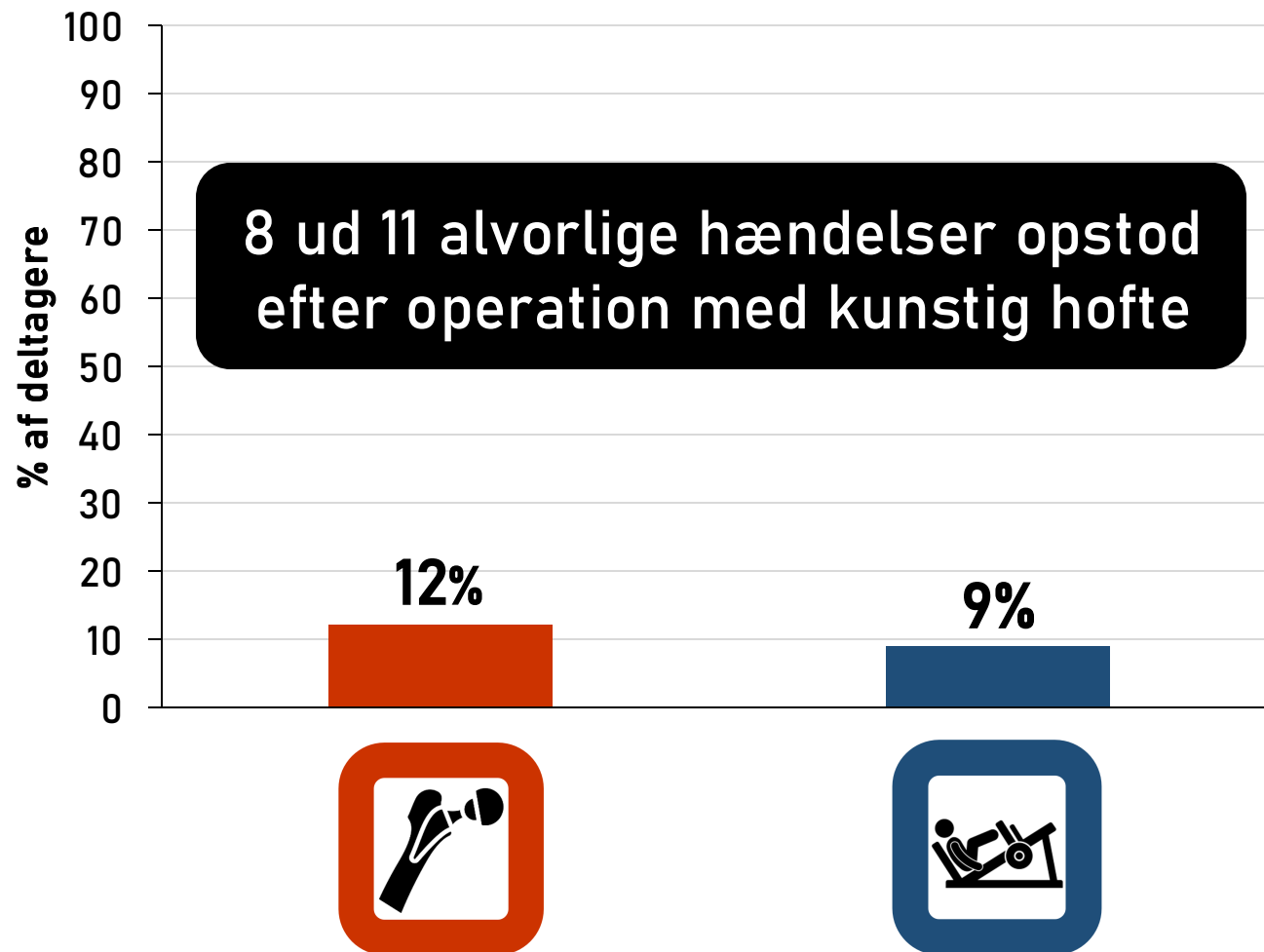
# ALVORLIGE UØNSKEDE HÆNDELSE



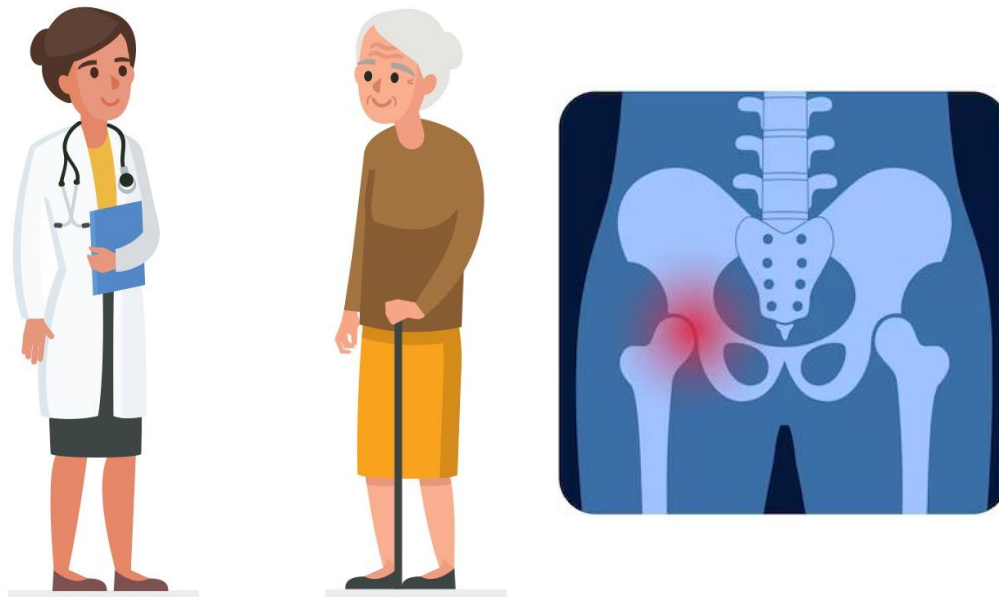
# ALVORLIGE UØNSKEDE HÆNDELSE



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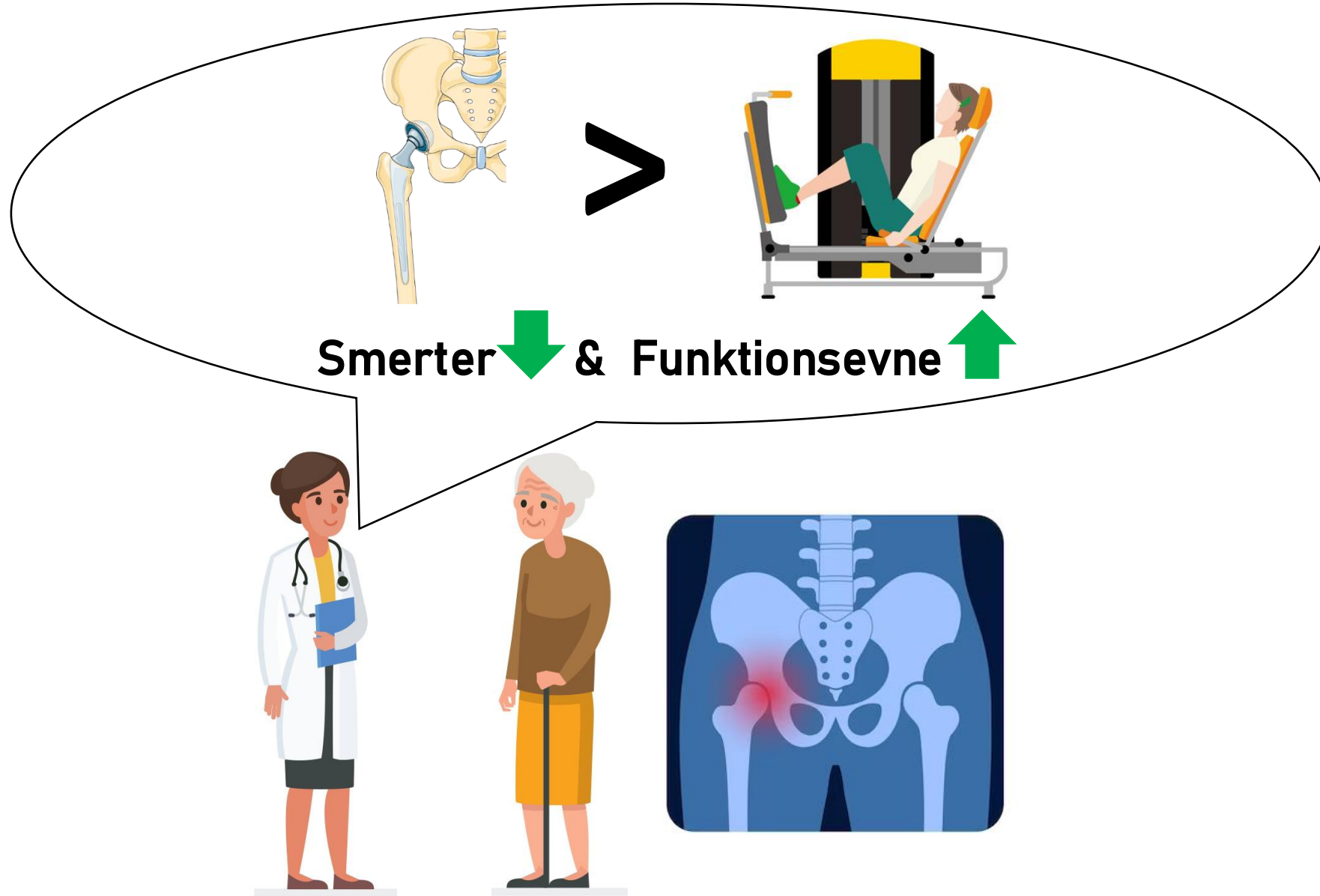


# BETYDNING FOR KLINISK PRAKSIS





# BETYDNING FOR KLINISK PRAKSIS



# TAK TIL



**Deltagere:** Der medvirkede i dette lodtrækningsforsøg

**PhD Vejledere:** Robin Christensen, Inger Mechlenburg, Lone Ramer Mikkelsen, Kim Gordon Ingwersen, Søren Overgaard

**Medforfattere:** Claus Varnum, Anders Elneff Graversen, Per Kjærsgaard-Andersen, Peter Hvidbak Revald, Christian Hofbauer, Manuel Josef Bieder, Haidar Qassim, Mohammad Samir Munir, Stig Storgaard Jakobsen, Sabrina Mai Nielsen

**Samarbejdspartnere og forsøgspersonale:** Corrie Myburgh, Kristine Sloth Thomsen, Jane Schwartz Leonhardt, Annie Gam Pedersen, Monika Boss, Rikke Rye Christiansen, Lisa Urup Tønning, testere og fysioterapeuter fra de kommunale genoptræningsenheder i Vejle, Kolding, Fredericia, Middelfart, Odense, Aarhus, Næstved, Slagelse, Korsør, Sorø, Roskilde og Vordingborg

Gigtforeningen



A.P. MØLLER FONDEN

**TUSIND TAK  
FOR JERES  
OPMÆRKSOMHED!**



# SCAN QR-KODEN FOR HELE ARTIKLEN!

*The* NEW ENGLAND JOURNAL *of* MEDICINE

ORIGINAL ARTICLE

## Total Hip Replacement or Resistance Training for Severe Hip Osteoarthritis

Thomas Frydendal, Ph.D., Robin Christensen, Ph.D.,  
Inger Mechlenburg, D.M.Sc., Lone R. Mikkelsen, Ph.D., Claus Varnum, Ph.D.,  
Anders E. Graversen, M.D., Per Kjærsgaard-Andersen, M.D.,  
Peter H. Revald, M.D., Christian Hofbauer, M.D., Manuel J. Bieder, M.D.,  
Haidar Qassim, M.D., Mohammad S. Munir, Ph.D., Stig S. Jakobsen, Ph.D.,  
Sabrina M. Nielsen, Ph.D., Kim G. Ingwersen, Ph.D., and  
Søren Overgaard, D.M.Sc.

