

Exercise and Patient Education Compared With Usual Care in Patients With Hip Dysplasia

NCT04795843

Status	RECRUITING
Phase	Not Applicable
Sponsor	University of Aarhus
Enrollment	200 participants

Key Eligibility Criteria

Inclusion (4)

- Radiographically verified hip dysplasia by a Wiberg's centre edge (CE) angle of 10-25 degrees and an acetabular Index (AI) angle ≥ 10 degrees
- Hip and/or groin pain as primary pain for at least three months
- Candidate for periacetabular osteotomy (PAO) but unwilling to undergo PAO, or on a waiting list for surgery (PAO) for 12 months or longer
- Not candidate for PAO (negative impingement test, BMI ≥ 25 , hip osteoarthritis, age ≥ 45 years or reduced hip range of motion)

Exclusion (11)

- Self-reported pain score ≥ 80 points measured with Copenhagen Hip and Groin outcome score
- Any major planned surgery (i.e. arthroplastic surgery or discectomy surgery)
- BMI ≥ 35
- Acetabular retroversion defined by crossover sign and posterior wall sign
- Calvé Legg Perthes or epiphysiolysis
- ... and 6 more (see full listing online)

Locations (2 total)

Aarhus University Hospital, Aarhus N, Denmark
Silkeborg Regional Hospital., Silkeborg, Denmark