

Education and Exercise for Patients With Longstanding Hip and Groin Pain

NCT05853640

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| Status | RECRUITING |
| Phase | Not Applicable |
| Sponsor | Lund University |
| Enrollment | 122 participants |

Key Eligibility Criteria

Inclusion (4)

- Men and women aged 18-55 years
- Referred to the Dept of Orthopedics due to hip and/or groin pain
- Activity-related unilateral or bilateral groin pain $\gt 3$ months
- Pain reproduced with the FADIR test.

Exclusion (3)

- Groin pain originating from any diagnosis with other treatment pathways, i.e., i) Acute traumatic hip injuries (such as hip dislocation, hip fractures); ii) Verified moderate or severe OA (Tönnis grade $\gt 1$); iii) Palpable hernia; iv) Low-back pain with a positive straight leg raise test and/or hip and groin pain provoked primarily by repeated motions of the lumbar spine; v) Sacroiliac joint pain with thigh thrust test.
- Co-morbidities potentially interfering with treatment, i.e., i) Co-morbidities overriding the hip and groin-related symptoms and dysfunction (such as other acute lower limb injuries, rheumatoid arthritis etc), ii) Co-morbidities prohibiting physical activity and training (heart disease etc), iii) Current psycho-social disorders requiring treatment.
- Other: i) History of drug abuse within the last year; ii) Not understanding the language of interest (Scandinavian languages, or English).

Locations (1 total)

Skane University Hospital, Malmo, Sweden