

Is exercise effective for hip osteoarthritis? A Cochrane systematic review

WHAT WE DID



Study design: Systematic review

Aim: Assess the effects of land-based exercise for people with hip osteoarthritis by comparing:

- (1) exercise versus attention control or placebo;
- (2) exercise versus no treatment, usual care, or limited education;
- (3) exercise added to another co-intervention versus the co-intervention alone.

WHAT WE FOUND

Points better with exercise (on 0 to 100 point scale [95% confidence interval]):

2 trials (123 participants) compared exercise to attention control or placebo

PAIN 6.31 [-0.35 to 12.98]

FUNCTION 7.44 [1.01 to 13.86]

10 trials (494 participants) compared exercise with usual care, no intervention, or limited education

PAIN 7.19 [3.68 to 10.70]

FUNCTION 8.79 [5.41 to 12.00]

QUALITY OF LIFE 2.31 [-1.15 to 5.91]

7 trials (751 participants) compared exercise added to another co-intervention versus the co-intervention alone

PAIN 3.86 [-0.35 to 8.07]

FUNCTION 2.37 [-1.86 to 6.59]

QUALITY OF LIFE 3.6 [-1.30 to 8.36]

We also conducted subgroup analyses:

- We did not find any differences in effects between **different types of exercise**.

SUMMARY

We found **very low- to moderate-certainty evidence** that exercise may improve pain and physical function slightly, but have little to no effect on quality of life, in the short-term.

Based on the minimal clinically important difference (MCID) thresholds we applied, **potential benefits were not clinically meaningful**. However, **interpreting clinical relevance with MCIDs requires caution**.



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