**Hip School (HS)**

**No intervention (CO)**

**Sham ultrasound (SUS)**

**Ultrasound (US)**

**Screening**
- Study nurse

**Telephone screening**
- Ineligible
  - Fail inclusion criteria
  - Meet exclusion criteria

**Clinical screening**
- Classification of hip OA according to clinical criteria of the American College of Rheumatology

- Ineligible
  - Fail inclusion criteria
  - Meet exclusion criteria

**Baseline assessment**
- Questionnaires: WOMAC / SF36
- Logbook
- Postural control (bi-pedaled, tandem-, and single leg stance)
- Clinical gait analysis
- Isometric strength measures
- Passive range of motion (ROM) and muscle flexibility
- Block randomization for each sequence (n=50-60). n=217 total.

**Monthly logbooks** for physical exercises and pain (medication) completed by all subjects (M1, M1 + 4/8 weeks, M2)

**Re-Assessment**
- Questionnaires: WOMAC / SF36 / Satisfaction with therapy
- Logbook
- Postural control (bi-pedaled, tandem-, and single leg stance)
- Clinical gait analysis
- Isometric strength measures
- Passive range of motion (ROM) and muscle flexibility

**Telephone assessment**
- WOMAC / SF36
- Logbook

**Telephone assessment**
- WOMAC / SF36
- Logbook

**Study nurse**

0-40 days

0-60 days

12 weeks

16 weeks +/- 1 week

24 weeks +/- 2 weeks

M0

M1

M2

M3

M4