Patients

Enrollment:

Assessed for eligibility by phone (n=56)

Excluded (n=31)
- Too far to travel/ unable to attend (n=8)
- Other pain/ pathology (n=7)
- BMI >35 (n=5)
- Knee pain <3/10 (n=5)
- Recent exercise treatment (n=4)
- Previous HTO (n=1)
- Receiving injections (n=1)

Assessed for eligibility by x-ray (n=25)

Excluded (n=8)
- No longer interested (n=4)
- Did not meet OA inclusion criteria (n=2)
- Scheduled for Surgery (n=1)
- Presence of hip OA not identified from phone screen (n=1)

Assessed for eligibility by physical screening (n=17)

Excluded (n=0)

Randomized (n=17)

Allocated to strengthening intervention (n=9)

Physiotherapist (n=1)

5 x Individual treatment sessions plus home exercises 4 x per week

Lost to week 11 assessment (n=0)

Analyzed (n=9)

Allocated to control group (n=8)

Continued with usual activities – no exercise treatment

Lost to week 11 assessment (n=1)
- hospitalized due to fall (n=1)

Analysis:

Patients

Analyzed (n=9)

Analyzed (n=7)