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Title: A cycling and education programme for the treatment of hip osteoarthritis: a quality improvement study

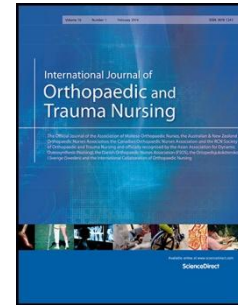
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Title Page

A CYCLING AND EDUCATION PROGRAMME FOR THE TREATMENT OF HIP OSTEOARTHRITIS: A QUALITY IMPROVEMENT STUDY

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Keywords: hip osteoarthritis; exercise therapy; patient education as topic; self-care; group exercise, cycling.

Abstract

Osteoarthritis of the hip is associated with pain, stiffness and limitations to activities of daily living. The aims of this quality improvement project were to introduce a service developed to promote the self-management of hip osteoarthritis through exercise and education, and to assess the impact of the programme on pain, function and quality of life. The service was a six-week cycling and education programme. 119 participants took part. Statistically significant improvements were found for Oxford Hip Score (Mean (SD) change 4.14 (95% CI (3.02, 5.25), $p < 0.001$); Sit-to-stand score (mean change 3.06s 95% CI (2.33, 3.79), $p < 0.001$); EQ5D-5L Utility (mean change 0.06 (95% CI 0.03, 0.09), $p < 0.001$); EQ5D VAS

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