

# Manuel behandling for patienter med hofteartrose



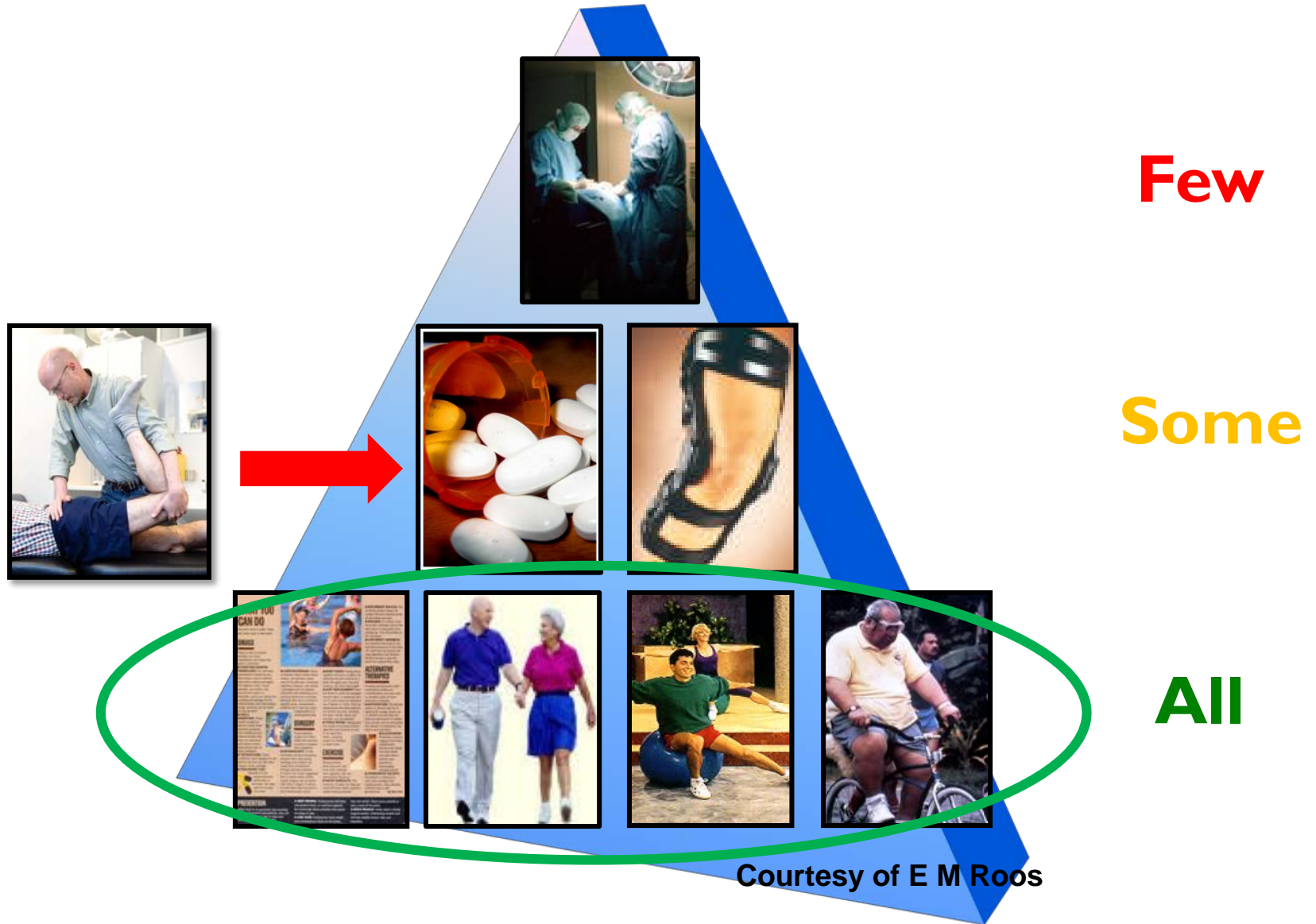


## Center for **MUSCLE AND JOINT** Health



- Muskel- og ledsygdomme er den vigtigste årsag til funktionsbegrænsning i Danmark
- En dansker mister i gennemsnit 7 år med god livskvalitet pga muskel- og ledsygdomme
- Danskere med muskel- og ledsygdomme har fem gange så mange kontakter til egen læge som danskere uden
- Muskel- og ledsygdomme er den hyppigste årsag til fravær fra arbejde
- Ældre med muskel- og ledsygdomme glider tidligere ud af arbejdsmarkedet og er mindre selvhjulpne
- Danskere med muskel- og ledsygdomme dør tidligere end danskere uden
- Funktionsbegrænsning pga muskel- og ledsygdomme er steget 40% siden 1990
- **50 forskere med forskellige faglige baggrunde producerer verdensklasse forskning inden for muskel- og ledsygdomme**

# Clinical guidelines for hip and knee OA



# Manual therapy

- Systematic reviews
  - French et al. **Manual therapy for osteoarthritis of the hip or knee - A systematic review.** Man Ther. 2011;16:109-117
  - Romeo et al. **Manual therapy and therapeutic exercise in the treatment of osteoarthritis of the hip - a systematic review.** Rheumatismo 2013;65:63-74
  - Beumer et al. **Effects of exercise and manual therapy on pain associated with hip osteoarthritis: a systematic review and meta-analysis.** Br. J.Sports.Med 2015; Nov 26 [Epub ahead of print]
  - Sampath et al. **The effects manual therapy or exercise or both in people with hip osteoarthritis:A systematic review and meta-analysis.** Clin. Rehab. 2015; Dec 22 [Epub ahead of print]
  - Wang et al. **Manual therapy for hip osteoarthritis:A systematic review and meta-analysis.** Pain Physician. 2015; 18: E1005-1020

# Manual therapy

## ■ Case report

- P Vaux, Hip osteoarthritis: a chiropractic approach. *European Journal of Chiropractic* 1998;46:17-22

## ■ Randomized clinical trials

- JW Brantingham et al. Full kinetic chain manual and manipulative therapy plus exercise compared with targeted manual and manipulative therapy plus exercise for symptomatic osteoarthritis of the hip: a randomized controlled trial. *Arch Phys Med Rehabil* 2012;93:259-67
- HL Hoeksma et al., Comparison of manual therapy and exercise therapy in osteoarthritis of the hip: a randomized clinical trial. *Arthritis Rheum* 2004;51:722-29
- Vaarbakken and Ljunggren. Superior effect of forceful compared with standard traction mobilizations in hip disability? *Adv Physiother.* 2007;9:117-128

# Manual therapy

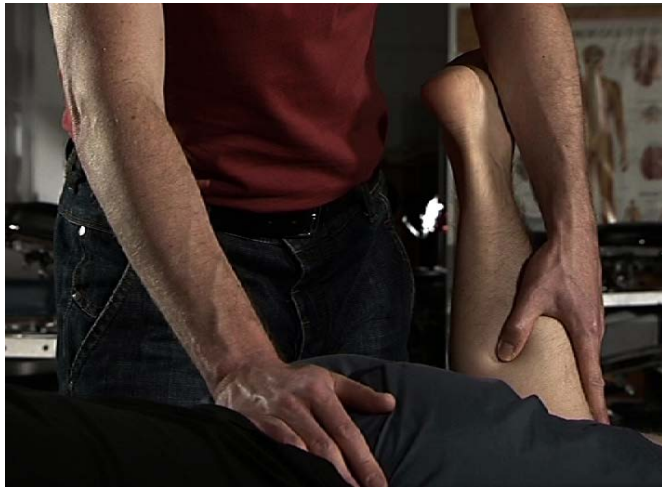
## ■ RCT

- Abbott et al. 2013: Manual therapy, exercise therapy, or both, in addition to usual care, for osteoarthritis of the hip or knee: a randomized controlled trial. I: clinical effectiveness. *Osteoarthritis Cartilage* 2013;21:525-34.
- Poulsen et al. Patient education with or without manual therapy compared to a control group in patients with osteoarthritis of the hip. A proof-of-principle three-arm parallel group randomized clinical trial. *Osteoarthritis Cartilage* 2013;21:1494-1503
- French et al. Exercise and manual therapy arthritis research trial (EMPART) for osteoarthritis of the hip: a multicentre randomized controlled trial *Arch Phys Med Rehabil* 2013;94:302-14
- Bennell et al. Effect of physical therapy on pain and function in patients with hip osteoarthritis. *JAMA* 2014;311:1987-97
- Blackman and Atkins. The effect of adding grade B hip mobilization to muscle strengthening home exercise programme on pain, function and range of movement in adults with symptomatic early stage hip OA: A pilot for a RCT. *Int. Musculo Medicine* 2014;36:54-63

# Manual therapy/treatment – what?

- Trigger point therapy, ad modem Travell & Simons
- Massage
- Muscle energy technique (MET), ad modem Chaitow
- Mobilisation
- Manipulation, ad modem Faye, Bergmann

# MET





# MET



# Manipulation



# Manipulation



# Osteoarthritis and Cartilage



Brief report

Patient education with or without manual therapy compared to a control group in patients with osteoarthritis of the hip. A proof-of-principle three-arm parallel group randomized clinical trial



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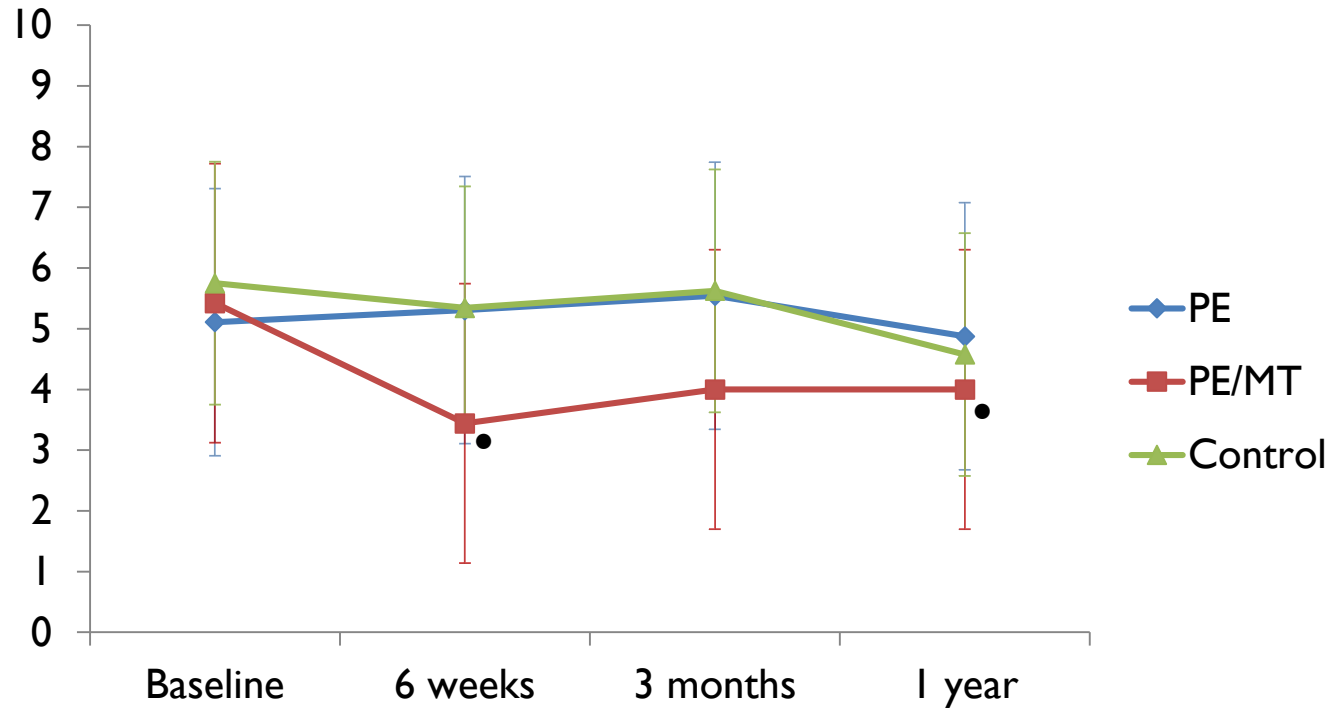
§ *Institute of Medical Biometry and Medical Informatics, University of Freiburg, Germany*

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# Primary outcome – pain

## Pain severity



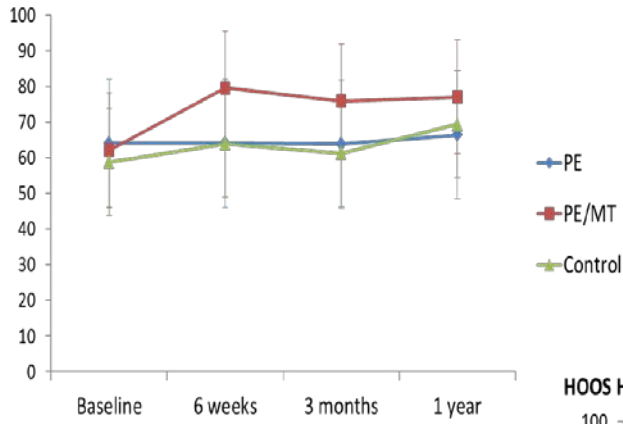
PE = Patient education

PE plus manual therapy (MT)

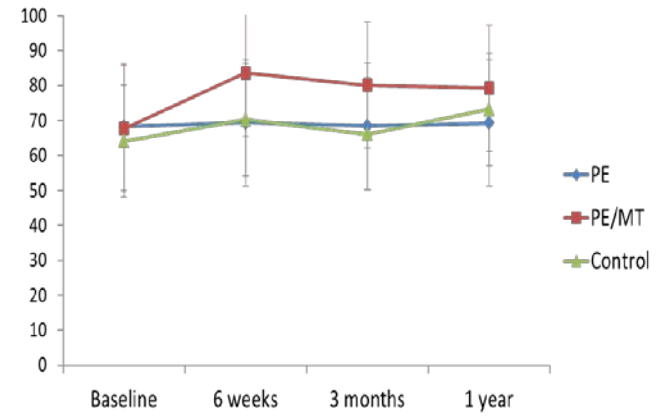
Control = Home exercises

• statistically significant

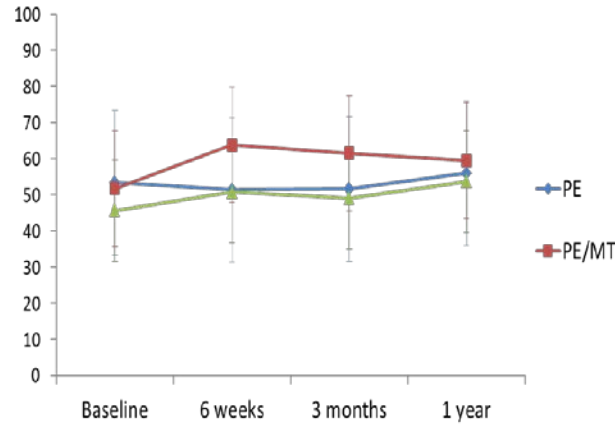
HOOS Pain



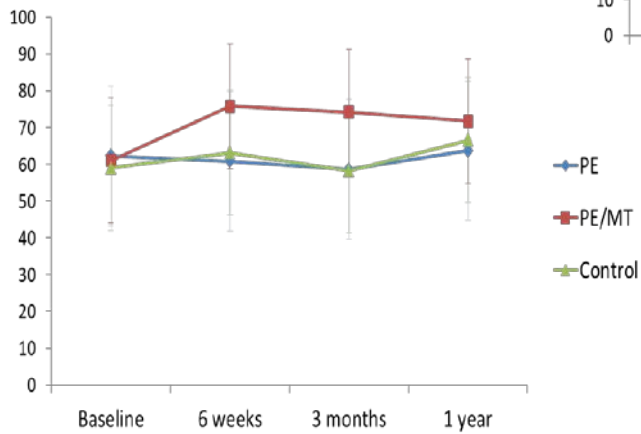
HOOS ADL



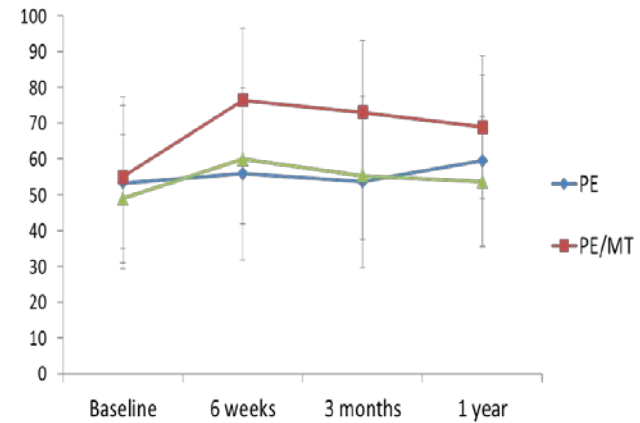
HOOS Hip-QoL



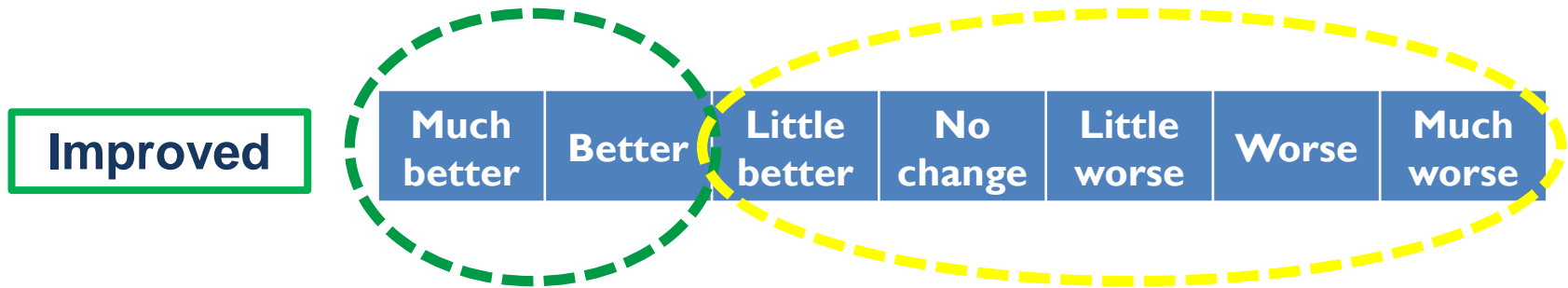
HOOS Symptoms



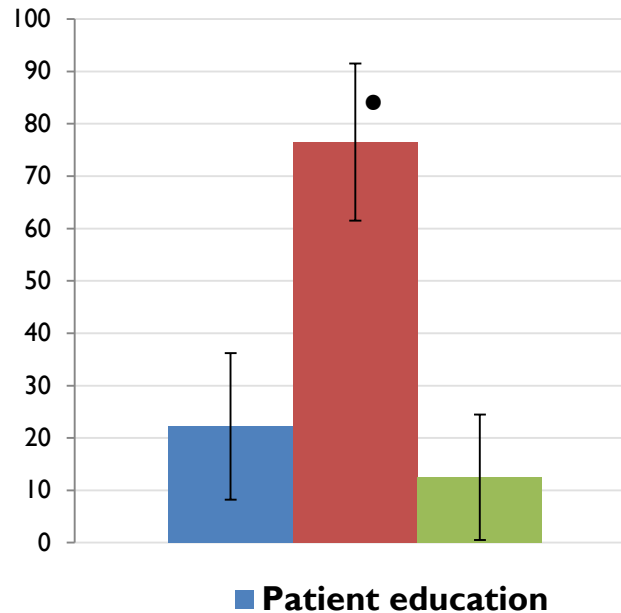
HOOS Sport



# Patients' perceived global effect of interventions



% improved per group



- statistical significant

# Treatment strategy

- The clinical and manual examination can guide the treatment strategy
  - Tender and painful trigger points
  - Decreased range of motion
  - Decreased muscle strength



# Thank you for your attention

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