

# Appropriate exercise therapy can alleviate symptoms of osteoarthritis of the hip

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Osteoarthritis of the hip is a progressive degenerative disorder affecting the hip joints, which affects one in 10 adults. The symptoms range from pain after intense joint loading to morning pain/stiffness and impaired mobility in everyday life. To date, no cure exists. Appropriate exercise therapy can, however, delay progression of the disease and alleviate symptoms, as shown in a randomized controlled study reported by Inga Krauß et al in *Deutsches Ärzteblatt*.

The physicians treated patients with hip osteoarthritis according to the Tübinger Hüftkonzept (ThüKo , the Tübingen exercise approach, a 12-week [exercise therapy](#) intervention): for three months, patients participated once weekly in an exercise group and did an exercise program at home twice a week.

The selected exercises were targeted towards muscle strengthening, proprioception, coordination training, and improved mobility. After the exercise therapy, patients' pain symptoms were less pronounced and their joints were more mobile.

Because of the positive results, the authors recommend administering the ThüKo approach comprehensively in the context of treatment of patients with [hip osteoarthritis](#).

**More information:** Krauss I, Steinhilber B, Haupt G, Miller R, Martus P, Janssen P: "Exercise therapy in hip osteoarthritis—a randomized controlled trial." *Dtsch Arztebl Int* 2014; 111: 592–9.

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