

Referencer til artikel i Dansk Sportsmedicin nr. 2, 2015:

Individualiseret træning ved knæartrose – evidens for effekt og praktisk anvendelse

Af

Søren Thorgaard Skou, fysioterapeut, PhD, postdoc^{1,2}

Eva Ageberg, fysioterapeut, PhD, associate professor³

Ewa M. Roos, fysioterapeut, PhD, professor¹

¹Forskningsenheden for Muskuloskeletal Funktion og Fysioterapi, Institut for Idræt og Biomekanik, Syddansk Universitet

²Forskningsenheden for Klinisk Sygepleje, Aalborg Universitetshospital.

³Forskargrupp Muskuloskeletal Funktion, Institutionen för hälsovetenskaper, Medicinska Fakulteten, Lunds Universitet, Sverige

(1). Christensen AI, Davidsen M, Ekholm O, Pedersen PV, Juel K. Danskernes Sundhed - Den Nationale Sundhedsprofil 2013. 2014.

(2). Holt HL, Katz JN, Reichmann WM, Gerlovin H, Wright EA, Hunter DJ, et al. Forecasting the burden of advanced knee osteoarthritis over a 10-year period in a cohort of 60-64 year-old US adults. *Osteoarthritis Cartilage* 2011; 19:44-50.

(3). Johnsen NF, Koch MB, Davidsen M, Juel K. De samfundsmæssige omkostninger ved artrose. 2014.

(4). Dieppe PA, Lohmander LS. Pathogenesis and management of pain in osteoarthritis. *Lancet* 2005; 365:965-973.

(5). Peat G, McCarney R, Croft P. Knee pain and osteoarthritis in older adults: a review of community burden and current use of primary health care. *Ann Rheum Dis* 2001; 60:91-97.

(6). Zhang W, Doherty M, Peat G, Bierma-Zeinstra MA, Arden NK, Bresnihan B, et al. EULAR evidence-based recommendations for the diagnosis of knee osteoarthritis. *Ann Rheum Dis* 2010; 69:483-489.

(7). Sundhedsstyrelsen. Knæartrose – nationale kliniske retningslinjer og faglige visitationsretningslinjer. Sundhedsstyrelsen 2012.

(8). Hunter DJ. Lower extremity osteoarthritis management needs a paradigm shift. *Br J Sports Med* 2011; 45:283-288.

(9). McAlindon TE, Bannuru RR, Sullivan MC, Arden NK, Berenbaum F, Bierma-Zeinstra SM, et al. OARSI guidelines for the non-surgical management of knee osteoarthritis. *Osteoarthritis Cartilage* 2014; 22:363-388.

(10). Fernandes L, Hagen KB, Bijlsma JW, Andreassen O, Christensen P, Conaghan PG, et al. EULAR recommendations for the non-pharmacological core management of hip and knee osteoarthritis. *Ann Rheum Dis* 2013; 72:1125-1135.

(11). Juhl C, Christensen R, Roos EM, Zhang W, Lund H. Impact of exercise type and dose on pain and disability in knee osteoarthritis: A systematic review and meta-regression analysis of

randomized controlled trials. *Arthritis Rheumatol* 2014 Mar;66(3):622-36 doi: 10.1002/art.38290 2014; 66:622-636.

(12). Uthman OA, van der Windt DA, Jordan JL, Dziedzic KS, Healey EL, Peat GM, et al. Exercise for lower limb osteoarthritis: systematic review incorporating trial sequential analysis and network meta-analysis. *BMJ* 2013; 347:f5555.

(13). Bannuru RRDU, McAlindon TE. Reassessing the role of acetaminophen in osteoarthritis: systematic review and metaanalysis. *Osteoarthritis Cartilage* 2010; 18:250.

(14). Craig DG, Bates CM, Davidson JS, Martin KG, Hayes PC, Simpson KJ. Staggered overdose pattern and delay to hospital presentation are associated with adverse outcomes following paracetamol-induced hepatotoxicity. *Br J Clin Pharmacol* 2012; 73:285-294.

(15). Chou R, McDonagh MS, Nakamoto E, Griffin J. Analgesics for Osteoarthritis: An Update of the 2006 Comparative Effectiveness Review (Internet). 2011; Report No.: 11(12)-EHC076-EF.

(16). Wang SY, Olson-Kellogg B, Shamliyan TA, Choi JY, Ramakrishnan R, Kane RL. Physical therapy interventions for knee pain secondary to osteoarthritis: a systematic review. *Ann Intern Med* 2012; 157:632-644.

(17). Ageberg E, Link A, Roos EM. Feasibility of neuromuscular training in patients with severe hip or knee OA: the individualized goal-based NEMEX-TJR training program. *BMC Musculoskelet Disord* 2010; 11:126.

(18). Skou ST, Derosche CA, Andersen MM, Rathleff MS, Simonsen O. Nonoperative treatment improves pain irrespective of radiographic severity – a cohort study of 1,414 patients with knee osteoarthritis. *Acta Orthop* 2015; 86:1-6.

(19). Knoop J, van der Leeden M, Roorda LD, Thorstensson CA, van der Esch M, Peter WF, et al. Knee joint stabilization therapy in patients with osteoarthritis of the knee and knee instability: Subgroup analyses in a randomized, controlled trial. *J Rehabil Med* 2014; 46:703-707.

(20). Lim BW, Hinman RS, Wrigley TV, Sharma L, Bennell KL. Does knee malalignment mediate the effects of quadriceps strengthening on knee adduction moment, pain, and function in medial knee osteoarthritis? A randomized controlled trial. *Arthritis Rheum* 2008; 59:943-951.

(21). Bennell KL, Dobson F, Roos EM, Skou ST, Hodges P, Wrigley TV, et al. The influence of biomechanical characteristics on pain and function outcomes from exercise in medial knee osteoarthritis and varus malalignment: exploratory analyses from a randomised controlled trial. *Arthritis Care Res (Hoboken)* 2015.

(22). Felson DT. Identifying different osteoarthritis phenotypes through epidemiology. *Osteoarthritis Cartilage* 2010; 18:601-604.

(23). Chang AH, Lee SJ, Zhao H, Ren Y, Zhang LQ. Impaired varus-valgus proprioception and neuromuscular stabilization in medial knee osteoarthritis. *J Biomech* 2014; 47:360-366.

(24). Ageberg E, Roos EM. Neuromuscular exercise as treatment of degenerative knee disease. *Exerc Sport Sci Rev* 2015; 43:14-22.

(25). Fransen M, McConnell S. Exercise for osteoarthritis of the knee. *Cochrane Database Syst Rev* 2008; (4):CD004376.

(26). Skou ST, Odgaard A, Rasmussen JO, Roos EM. Group education and exercise is feasible in knee and hip osteoarthritis. *Dan Med J* 2012; 59:A4554.

- (27). Skou ST, Simonsen M, Odgaard A, Roos EM. Predictors of long-term effect from education and exercise in patients with knee and hip pain. *Dan Med J* 2014; 61:A4867.
- (28). Ageberg E, Bennell KL, Hunt MA, Simic M, Roos EM, Creaby MW. Validity and inter-rater reliability of medio-lateral knee motion observed during a single-limb mini squat. *BMC Musculoskelet Disord* 2010; 11:265.
- (29). Gigtforeningen. Træningsøvelser på film. Lokaliseret på Gigtforeningens hjemmeside: <http://www.gigtforeningen.dk/øvelser>
- (30). Thomee R. A comprehensive treatment approach for patellofemoral pain syndrome in young women. *Phys Ther* 1997; 77:1690-1703.