

Table 1: Criteria for participants in the study

Inclusion criteria	Exclusion criteria
40 years and older	Inflammatory joint disease
Indication for total hip arthroplasty	Earlier ipsilateral proximal femur fracture
Residency within local municipal or willing to commute	Hip pain < 3 months
	Neuropathy or neuromuscular disease
	Malignant disease
	Diseases where a moderate level of physical exercise is contraindicated
	Unable to speak or read Danish
	Unable to participate for other reasons
	Refuse to participate