

4

Surgery



+ Benefits



Expected reduction
of your hip pain



Potential for
increased activity



Improved
mobility



Possibility of
daily life with
less
limitations



Potential for
improved
quality of life

- Harms



Risk of minimal pain
reduction



Risk of serious
complications



Possibly
needing a
replacement
of the
prosthesis



Expected sick
leave after
surgery



Need for
rehabilitation

4

Physical Therapy



+ Benefits



Exercise can be adapted to
your daily life



Strengthening the
muscles and pain
relief



Postponement of
potential surgery

- Harms



Risk of minimal pain relief



Potential need for
pain medication



Time spend on
exercise

4

Steroid injections



+ Benefits



Pain relief



Possibility of
postponing potential
surgery



Minor procedure



Clarify the need for
potential surgery

- Harms



Risk of minimal
effect



Short term effects



Risk of side effects
from the injection



May need other
treatments

4

Pain Relief Medication



+ Benefits



Can be adapted to your daily life



Relief of pain



Clarify the need for potential surgery

- Harms



May need other treatments



Side effects of medication



Risk of minimal pain relief

4

Patient stories



"I have my own business that involves a lot of physical work. I was advised to wait for surgery and take pain relief medication due to my young age. I ended up shutting everything down except for my work because of the pain. I am happy with my decision to have surgery." - Man, 52 years old.

"I had considered the advantages and disadvantages a lot beforehand, and I think that's something everyone should do. You need to know what to expect after surgery and not just assume that being operated on will guarantee happiness." - Woman, 70 years old.

"I'm not ready to have surgery yet. So, I was offered an injection, and I'm happy about that. It can push the process a bit further, as I'm not ready." - Woman, 70 years old.

"It won't get better by waiting. So, you might as well get something done when it's approved and then move on, instead of dealing with it for several years and eventually only being able to walk 1,000 steps." - Man, 61 years old.

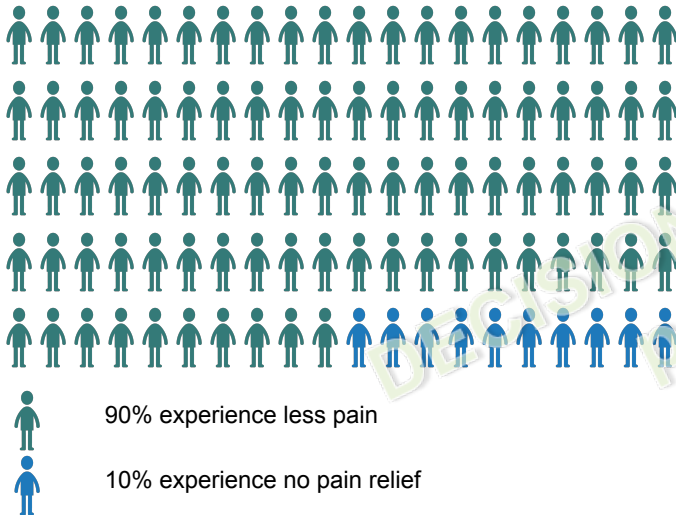
DECISION HELPER
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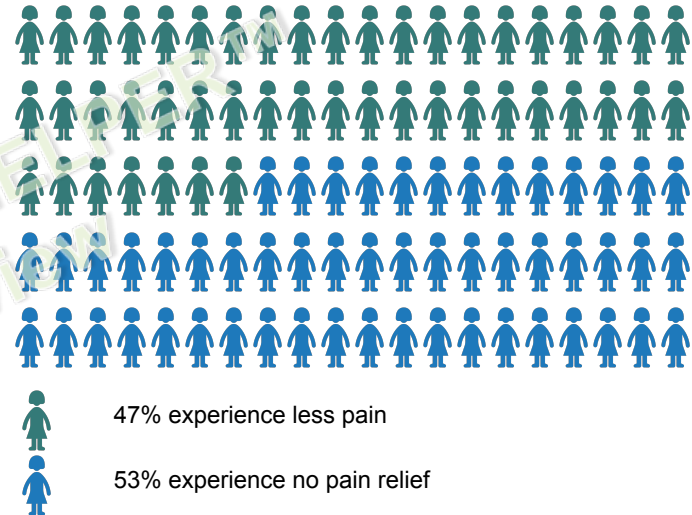
Pain-relieving effect of surgery and exercise



The effect of the surgery on pain



The effect of exercise on pain

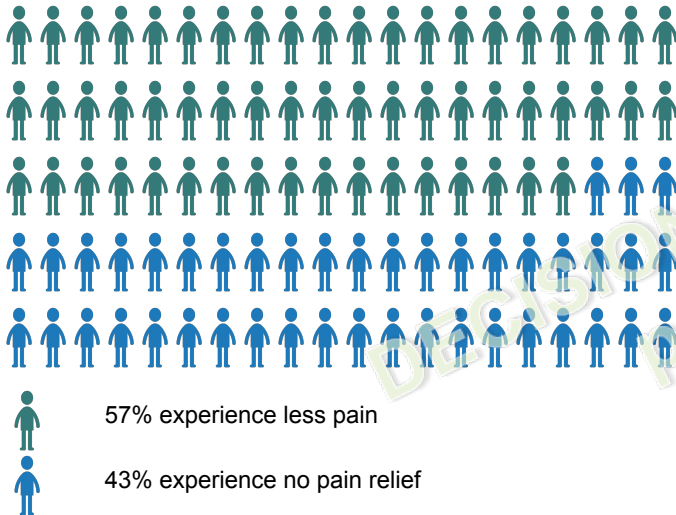


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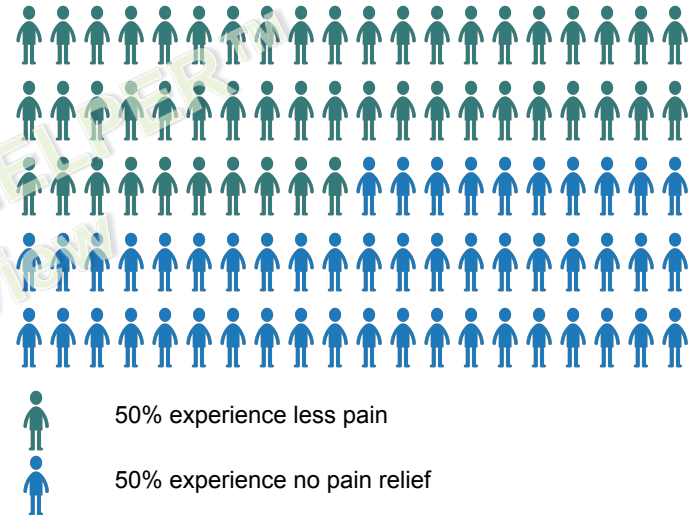
Pain-relieving effect of using pain relief medication and steroid injections



The effect of the pain relief medication on pain



The effect of steroid injections on pain



4

Overview of the most commonly occurring complications associated with hip surgery

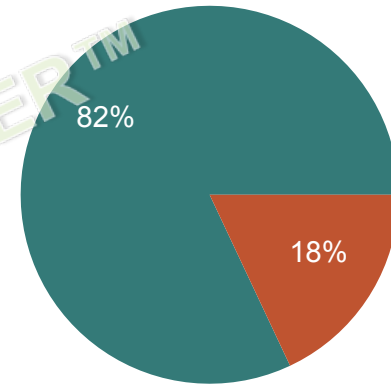


Overall risk of serious complications from surgery



Out of 100 patients undergoing hip surgery, 4 are at risk of developing a serious complication (infection, blood clot, bone fracture, or nerve damage)

The proportion of patients who need a new surgery within 20 years



Out of 100 patients, 18 require a new surgery within 20 years

