

Peer-reviewed articles

- A1. Skou, ST; Odgaard, A; Rasmussen, JO; Roos, EM. Group education and exercise is feasible in knee and hip osteoarthritis. *Dan Med J.* 2012 Dec; 59(12): A4554.
- A2. Skou, ST; Odgaard, A; Rasmussen, JO; Roos, EM. Gruppetræning med patientuddannelse, træning og vægttabsrådgivning er gennemførligt til behandling af artroserelaterede smerter i knæ og hofter. *Ugeskr Læger* 2013; 175(3):129.
- A3. Skou, ST; Simonsen, M; Odgaard, A; Roos, EM. Predictors of long-term effect of education and exercise in patients with knee and hip pain. *Dan Med J.* 2014; 61(7):A867.
- A4. Allen, KD; Choong, PF; Davis, AD; Dowsey, MM; Dziedzic, KS; Emery, C; Hunter, DJ; Losina, E; Page, AE; Roos, EM; Skou, ST; Thorstensson, CA; van der Esch, M; Whittaker, JL. Osteoarthritis: Models for Appropriate Care across the Disease Continuum. *Best Pract Res Clin Rheumatol* 2016 Jun;30(3):503-535.
- A5. Skou, ST; Roos, EM. Good Life with osteoArthritis in Denmark (GLA:DTM): evidence-based education and supervised neuromuscular exercise delivered by certified physiotherapists nationwide. *BMC Musculoskeletal Disorders* 2017; 18: 72.
- A6. Davis, AM; Kennedy, D; Wong, R; Robarts, S; Skou, ST; McGlasson, R; Li, LC; Roos, EM. Cross-cultural Adaptation and Implementation of Good Life with Osteoarthritis in Denmark (GLA:DTM): group education and exercise for hip and knee osteoarthritis is feasible in Canada. *Osteoarthritis Cartilage* 2018; 26 (2): 211-219.
- A7. Skou, ST; Bricca, A; Roos, EM. The impact of physical activity level on the short- and long-term pain relief from supervised exercise therapy and education: A study of 12,796 Danish patients with knee osteoarthritis. *Osteoarthritis Cartilage* 2018; 26 (11): 1474-1478.
- A8. Kjaer, P; Kongsted, A; Ris, I; Abbott, A; Rasmussen, CDN; Roos, EM; Skou, ST; Andersen, TE; Hartvigsen, J. GLA:D® Back: Group-based patient education integrated with exercises to support self-management of back pain. Development, theories and scientific evidence. *BMC Musculoskeletal Disorders* 2018; 19: 418.
- A9. Holm, I; Risberg MA; Roos, EM; Skou, ST. A pragmatic approach to the implementation of osteoarthritis guidelines has fewer potential barriers than recommended implementation frameworks. *J Orthop Sport Phys Ther* 2019; 49(1): 1-4.
- A10. Skou ST; Grønne, DT; Roos, EM. Prevalence, severity and correlates of pain flares in response to a repeated sit to stand activity: A cross-sectional study of 14,902 patients with knee and hip osteoarthritis in primary care. *J Orthop Sport Phys Ther* 2019 Sep 6:1-26.
- A11. Skou, ST; Koes, BW; Grønne, DT; Young, J; Roos, EM. Comparison of three sets of clinical classification criteria for knee osteoarthritis: a cross-sectional study of 13,459 patients treated in primary care. *Osteoarthritis Cartilage* 2019.
- A12. Baumbach L, List M, Grønne DT, Skou ST, Roos EM. Individualized predictions of changes in knee pain, quality of life and walking speed following patient education and exercise therapy in patients with knee osteoarthritis - a prognostic model study. *Osteoarthritis Cartilage.* 2020;28(9):1191-1201.
- A13. Muckelt PE, Roos EM, Stokes M, McDonough S, Grønne DT, Ewings S, Skou ST. Comorbidities and their link with individual health status: A cross-sectional analysis of 23,892 people with knee and hip osteoarthritis from primary care. *J Comorb.* 2020;10:2235042X20920456. Published 2020 May 14.
- A14. Thorlund JB, Roos EM, Goro P, Ljungcrantz EG, Grønne DT, Skou ST. Patients use fewer analgesics following supervised exercise therapy and patient education: an observational study of 16 499 patients with knee or hip osteoarthritis. *Br J Sports Med.* 2020 Sep 21:bjsports-2019-101265.

- A15. Young JJ, Skou ST, Koes BW, Grønne DT, Roos EM. Proportion of patients with hip osteoarthritis in primary care identified by differing clinical criteria: a cross-sectional study of 4699 patients. *Osteoarthritis and Cartilage Open*, Volume 2, Issue 4, 2020.
- A16. Pihl K, Roos EM, Taylor RS, Grønne DT, Skou ST. Associations between comorbidities and immediate and one-year outcomes following supervised exercise therapy and patient education - A cohort study of 24,513 individuals with knee or hip osteoarthritis. *Osteoarthritis Cartilage*. 2021 Jan;29(1):39-49.
- A17. Holm PM, Roos EM, Boyle E, Skou ST. The clinical profile of people with knee osteoarthritis and a self-reported prior knee injury: A cross-sectional study of 10,973 people. *Osteoarthritis Cartilage*. 2021 Mar;29(3):341-345.
- A18. Roos EM, Grønne DT, Skou ST, Zywił MG, McGlasson R, Barton CJ, Kemp JL, Crossley KM, Davis AM. Immediate outcomes following the GLA:D® program in Denmark, Canada and Australia. A longitudinal analysis including 28,370 patients with symptomatic knee or hip osteoarthritis. *Osteoarthritis Cartilage*. 2021 Apr;29(4):502-506.
- A19. Johnsen MB, Roos E, Grønne DT, Bråten LCH, Skou ST. Impact of educational level and employment status on short-term and long-term pain relief from supervised exercise therapy and education: an observational study of 22 588 patients with knee and hip osteoarthritis. *BMJ Open*. 2021 Apr 14;11(4):e045156.
- A20. Pihl K, Roos EM, Taylor RS, Grønne DT, Skou ST. Prognostic factors for health outcomes after exercise therapy and education in people with knee and hip osteoarthritis with or without comorbidities: a study of 37,576 patients treated in primary care. *Arthritis Care Res (Hoboken)*. 2021 Jun 3.
- A21. Clausen S, Hartvigsen J, Boyle E, Roos EM, Grønne DT, Ernst MT, Arnbak B, Skou ST. Prognostic factors of total hip replacement during a 2-year period in participants enrolled in supervised education and exercise therapy: a prognostic study of 3657 participants with hip osteoarthritis. *Arthritis Res Ther*. 2021 Sep 7;23(1):235.
- A22. Young JJ, Hartvigsen J, Roos EM, Ammendolia C, Kongsted A, Skou ST, Grønne DT, Jensen RK. Symptoms of lumbar spinal stenosis in people with knee or hip osteoarthritis or low back pain: a cross-sectional study of 10,234 participants in primary care. *Osteoarthritis Cartilage*. 2021 Nov;29(11):1515-1520.
- A23. Selçuk H, Roos EM, Grønne DT, Ernst MT, Skou ST. Agreement Between Self-Reported Information and Administrative Data on Comorbidities, Imaging and Treatment in Denmark - A Validation Study of 38,745 Patients with Knee or Hip Osteoarthritis. *Clin Epidemiol*. 2021 Aug 30;13:779-790.
- A24. Grønne, D. T., Roos, E. M., Ibsen, R., Kjellberg, J. & Skou, S. T., Cost-effectiveness of an 8-week supervised education and exercise therapy programme for knee and hip osteoarthritis: a pre-post analysis of 16 255 patients participating in Good Life with osteoArthritis in Denmark (GLA:D). 13. dec. 2021: *BMJ Open*. 11, 12, 12 s., e049541.
- A25. Koes, B. W., Chiarotto, A., Thorlund, J. B., Grønne, D. T., Roos, E. M. & Skou, S. T., Does pain medication use influence the outcome of 8 weeks of education and exercise therapy in patients with knee or hip osteoarthritis? An observational study. 6. jan. 2022: *Pain Medicine*.
- A26. Roos, E. M., Grønne, D. T., Thorlund, J. B. & Skou, S. T., Knee and hip osteoarthritis are more alike than different in baseline characteristics and outcomes: A longitudinal study of 32,599 patients participating in supervised education and exercise therapy. 14. feb. 2022: *Osteoarthritis and Cartilage*.
- A27. Pedersen JR, Skou ST, Roos EM, Shakoob N, Thorlund JB. Changes in medial-to-lateral knee joint loading patterns assessed by Dual-Energy X-ray Absorptiometry following supervised neuromuscular exercise therapy and patient education in patients with knee osteoarthritis: an exploratory cohort study. 2022 Feb 9;1-10: *Physiother Theory Pract*

- A28. Perruccio AV, Roos EM, Skou ST, Grønne DT, Davis AM. Factors influencing pain response following GLA:D® patient education and supervised exercise in males and females with hip osteoarthritis. 2022 May 19. *Arthritis Care Res (Hoboken)*.
- A29. Peat G, Yu D, Grønne DT, Marshall M, Skou ST, Roos EM. Do Patients With Intersectional Disadvantage Have Poorer Outcomes From Osteoarthritis Management Programs? A Tapered Balancing Study of Patient Outcomes From the Good Life With Osteoarthritis in Denmark Program. *Arthritis Care Res (Hoboken)*. 2023 Jan;75(1):136-144. doi: 10.1002/acr.24987. Epub 2022 Sep 10.
- A30. Johansson MS, Pottgård A, Søndergaard J, Englund M, Grønne DT, Skou ST, Roos EM, Thorlund JB. Chronic opioid use before and after exercise therapy and patient education among patients with knee or hip osteoarthritis. *Osteoarthritis Cartilage*. 2022 Nov;30(11):1536-1544. doi: 10.1016/j.joca.2022.08.001. Epub 2022 Aug 18.
- A31. Baumbach L, Grønne DT, Møller NC, Skou ST, Roos EM. Changes in physical activity and the association between pain and physical activity - a longitudinal analysis of 17,454 patients with knee or hip osteoarthritis from the GLA:D® registry. *Osteoarthritis Cartilage*. 2022 Oct 19:S1063-4584(22)00889-5. Epub ahead of print.
- A32. Selçuk H, Roos EM, Grønne DT, Thorlund JB, Sarı Z, Skou ST. Influence of self-reported knee instability on outcomes following education and exercise: a cohort study of 2466 patients with knee osteoarthritis. *Arthritis Care Res (Hoboken)*. 2022 Nov 14. Epub ahead of print.
- A33. Young JJ, Kongsted A, Hartvigsen J, Roos EM, Ammendolia C, Skou ST, Grønne DT, Jensen RK. Associations between comorbid lumbar spinal stenosis symptoms and treatment outcomes in 6,813 patients with knee or hip osteoarthritis following a patient education and exercise therapy program. *Osteoarthr Cartil Open*. 2022 Nov 28;4(4):100324.
- A34. Holm PM, Roos EM, Grønne DT, Skou ST. Online and onsite supervised exercise therapy and education for individuals with knee osteoarthritis - A before and after comparison of two different care delivery models. *Musculoskeletal Care*. 2023 Apr 4.
- A35. Young JJ, Kongsted A, Jensen RK, Roos EM, Ammendolia C, Skou ST, Grønne DT, Hartvigsen J. Characteristics associated with comorbid lumbar spinal stenosis symptoms in people with knee or hip osteoarthritis: an analysis of 9,136 good life with osteoArthritis in Denmark (GLA:D®) participants. *BMC Musculoskelet Disord*. 2023 Apr 1;24(1):250.
- A36. Johansson MS, Pottgård A, Søndergaard J, Englund M, Grønne DT, Skou ST, Roos EM, Thorlund JB. Use of prescribed analgesics before and after exercise therapy and patient education in patients with knee or hip osteoarthritis. *Rheumatol Int*. 2023 Sep 29.
- A37. Gates LS, Cherry L, Grønne DT, Roos EM, Skou ST. The prevalence of foot pain and association with baseline characteristics in people participating in education and supervised exercise for knee or hip osteoarthritis: a cross-sectional study of 26,003 participants from the GLA:D® registry. *J Foot Ankle Res*. 2023 Nov 23;16(1):83.
- A38. Simonj, C; Clausen, B; Beck, M; Nyberg, M; Tang, LH; Skou, ST; Holm, PM. An invigorating journey towards better function and well-being: A qualitative study of knee osteoarthritis patients' experiences with an online exercise and education intervention. *Osteoarthritis Cartilage Open* 2023; 5(3): 100384.
- A39. Bell, EC; Pazzinatto, MF; Wallis, JA; Kemp, JL; Skou, ST; O'Halloran, P.; Crossley, KM; De Oliveira Silva, D; Semciw, AI; Dundules, K; Barton, CJ. Association of baseline physical activity participation with participant characteristics and outcomes following education and exercise-therapy in people with knee osteoarthritis: A GLA:D® Australia prospective cohort study. *Musculoskeletal Care* 2023; 21(4): 1470-1481.

- A40. Ackerman IN, Johansson MS, Grønne DT, Clausen S, Ernst MT, Overgaard S, Odgaard A, Roos EM, Skou ST. Are Outcomes From an Exercise Therapy and Patient Education Program for Osteoarthritis Associated With Hip and Knee Replacement Within Two Years? A Register-Based Study of 9,339 Patients With Osteoarthritis. *Arthritis Care Res (Hoboken)*. 2024 Jun;76(6):802-812
- A41. Selçuk H, Roos EM, Grønne DT, Thorlund JB, Sari Z, Skou ST. Do self-reported knee instability, difficulty twisting, and knee confidence change after exercise and education in patients with knee osteoarthritis? *Musculoskeletal Care*. 2024 Jun;22(2):e1884.
- A42. King LK, Young JJ, Grønne DT, Bricca A, Roos EM, Skou ST, Hawker GA. GLA:D® to be Walking Better: Change in Self-Reported Difficulty Walking After Exercise Therapy and Education in Persons with Knee Osteoarthritis. *J Rheumatol*. 2024 Jun 15;jrheum.2023-1213. doi: 10.3899/jrheum.2023-1213.
- A43. Peral Pérez J, Mortensen SR, Lluch Girbés E, Grønne DT, Thorlund JB, Roos EM, Skou ST. Association between widespread pain and psychosocial factors in people with knee osteoarthritis: a cross-sectional study of patients from primary care in Denmark. *Physiother Theory Pract*. 2024 Jul 1:1-11. doi: 10.1080/09593985.2024.2372381.
- A44. Grønne DT, Ryg J, Rubin KH, Delbaere K, Roos EM, Skou ST. Prevalence of concerns about falling in people with knee or hip osteoarthritis and the association with pain, function, and psychological factors—a cross-sectional study of 7442 patients treated in primary care. *Age Ageing*. 2024 Oct 1;53(10):afae224. doi: 10.1093/ageing/afae224.
- A45. Grønne DT, Sari DM, Skou ST, Roos EM, Demirbüken I, Thorlund JB. Impact of prior knee surgery on change in knee pain, quality of life, and walking speed following supervised education and exercise therapy: an analysis of 30,545 people with knee osteoarthritis. *Clin Rheumatol*. 2024 Dec;43(12):3925-3934. doi: 10.1007/s10067-024-07195-w.
- A46. Drummen SJJ, Runhaar J, Bierma-Zeinstra SM, Aitken D, Jones G, Otahal P, Grønne DT, Roos EM, Skou ST. Early-stage vs established knee osteoarthritis: A comparative observational study on prevalence and changes in pain, function and quality of life after supervised exercise and education among 10,365 patients. *Osteoarthritis Cartilage*. 2024 Nov 29:S1063-4584(24)01476-6. doi: 10.1016/j.joca.2024.11.007.

Editorials and other peer-reviewed materials

- B1. GLA:D® to have a high value option for patients with knee and hip arthritis across four continents: Good Life with osteoArthritis from Denmark. *Br J Sports Med (IF 6.644)* 2018; 52(24): 1544-5.

Other publications

- C1. Mindegaard, P; Skou, ST. Bedre liv med artrose – en folkesygdom med slagside. Center for forskning i Idræt, Sundhed og Civilsamfund, 2014. *Movements*, 2014:14, tilgængelig fra: http://www.sdu.dk/om_sdu/institutter_centre/c_isc/nyt_cisc/artrose
- C2. Barrierer for implementering af GLA:D-forløb i fysioterapipraksis i Region Syddanmark (2015). Region Syddanmark.
- C3. Roos, EM; Skou, ST. Good Life with osteoArthritis in Denmark, GLA:D. The first treatment option, also for those with post-traumatic osteoarthritis. *Dansk Sportsmedicin*. Nr. 1, januar 2017.
- C4. Skou, ST; Roos, EM. Good Life with osteoarthritis in Denmark. *FysioPraxis*. (Holland) Oktober 2017. s. 32-33.

- C5. Grønne, DT; Skou, ST; Roos, EM. GLA:D® er udbredt i hele Danmark og viser gode resultater hos patienter med knæ- og hofteartrose. Dansk Sportsmedicin, nr.3, 2018, s. 44-47.
- C6. Grønne, DT; Roos, EM; Skou, ST. Årsrapport (udgives årligt) Godt Liv med Artrose i Danmark.
- C7. Baumbach, L; Skou, ST; Roos, EM. Besser leben mit Osteoarthritis – GLA:D-Initiative „Good Life with osteoArthritis in Denmark“. physioPraxis 2019; 17(09): 27-31.
- C8. Skou, ST. Looking Back at the VBHC Prize 2019. GLA:D® to be part of the international VBHC community. VBHC Thinkers Magazine VBHC Christmas 2019 Edition, s. 36.
- C9. Grønne, D. T., Kroman, S. L., Potempa, P., Petersen, F., & Skou, S. T. (2022). Evaluering af Region Syddanmarks §2-aftale for knæartrose: Uddannelses- og træningsforløb i fysioterapipraksis. Region Syddanmark.
- C10. Grønne, D. T., Roos, E. M., Kongsted, A., Skou, S. T., Hartvigsen, J., & Young, J. (2022). GLA:D® Denmark and the COVID-19 pandemic: A descriptive study of patient profiles and outcomes across the pandemic.
- C11. Grønne DT, Skou ST, Roos EM. Dansk Sportsmedicin 2024: Afhænger ændringer i smerte, funktion og livskvalitet efter GLA:D® af individuelle faktorer blandt folk med knæ- eller hofteartrose?. Dansk Sportsmedicin. 2024 Jan 24.

Master thesis

- D1. Nyvang MB (2017). Identification of predictors to recognize patients with an unfavourable outcome in Project GLA:D – a longitudinal cohort study. SDU.
- D2. Laursen JR (2017). Association mellem klinisk erfaringsgrundlag og patient rapporteret effekt med udgangspunkt i praksis, baseret på retningslinjerne for "Godt Liv med Artrose i Danmark" - Et samspil mellem evidensen, klinikerens og patientens. SDU.
- D3. Dideriksen M (2018). Associations between selected self-reported psychological factors and change in jointrelated quality of life. A study of 8197 patients with knee osteoarthritis from the GLA:D® cohort. SDU.
- D4. Ljungcrantz EG (2018). A descriptive study on self-reported non- and pharmacological substances used for treatment by symptomatic knee osteoarthritis patients. Örebro University.
- D5. Goro P (2018). Descriptive study on self-reported pharmacological and nonpharmacological substances in patients with symptomatic hip osteoarthritis. Örebro University
- D6. Vestergaard JJ (2024): Insomnia and Osteoarthritis - A cross-sectional analysis of the relationship between sleep problems and osteoarthritis in the GLA:D®-cohort