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2010

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Pisters, M. F. (2010). *Exercise Therapy in Patients with Osteoarthritis: Long-term Effectiveness and the Role of Exercise Adherence*.

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**Exercise Therapy in Patients with Osteoarthritis:
Long-term Effectiveness and the Role of Exercise Adherence**

Martijn F. Pisters

The study presented in this thesis was performed at the Netherlands Institute for Health Services Research (NIVEL), Utrecht, The Netherlands. The study was financially supported by the Dutch Arthritis Association and the Netherlands Institute for Health Services Research (NIVEL).

Financial support for publication of this thesis has been kindly provided by the Dutch Arthritis Association, the Netherlands Institute for Health Services Research (NIVEL), and the Royal Dutch Society for Physical Therapy (KNGF)

Cover design & printed by: Ponsen & Looijen, Ede, the Netherlands

ISBN 9789 4612 2031 8

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