

# Osteoarthritis of the Hip

## What is Osteoarthritis of the Hip?

Osteoarthritis is a condition that causes the joints to become painful and stiff. In osteoarthritis, the cartilage on the end of the joint changes over time and for some people these changes can result in painful flares.

## Who gets it?

For people who develop the condition, the causes are not always known. However, several factors can contribute;

- Previous injuries to the joint
- Being overweight
- Repetitive demands on the joint
- If you had problems with development in childhood or from birth

## What are the symptoms?

- Pain - often in the groin area
- Stiffness or reduced movement
- Limited function due to pain

## How is it diagnosed?

Osteoarthritis of the hip is diagnosed by your GP or Physiotherapist by taking a history from you about your symptoms and carrying out the necessary examination. X-rays are not always required to make a diagnosis of osteoarthritis but can sometimes be helpful.

# Osteoarthritis of the Hip (continued)

## What can I do to help?

Things that help include:

- Losing weight if you are overweight
- Modifying and pacing your activities to reduce overloading the joint
- Using a walking stick
- Wearing shoes with a cushioned sole to help prevent jarring

## How can therapy help?

Aerobic exercise to increase your pulse rate, such as swimming, a brisk walk or using an exercise bike may help your condition.

Your Rehabilitation Therapist or Physiotherapist will be able to provide further advice.

## What other treatments might help?

- Painkillers or anti-inflammatories can help. Please speak with a Pharmacist or GP for more information
- Intra-articular steroid injections can help some patients with partial and short term relief. This must be performed in a safe environment to minimise complication
- Total hip replacement – involves replacing the whole hip joint
- Hip resurfacing surgery - involves removing the damaged bone and covering the surfaces of the ball and socket with metal caps