

Osteoarthritis of the hip

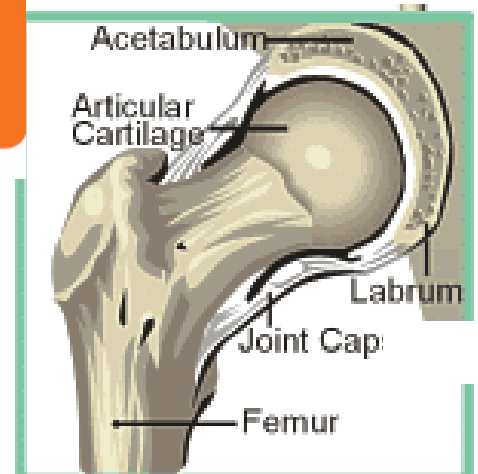
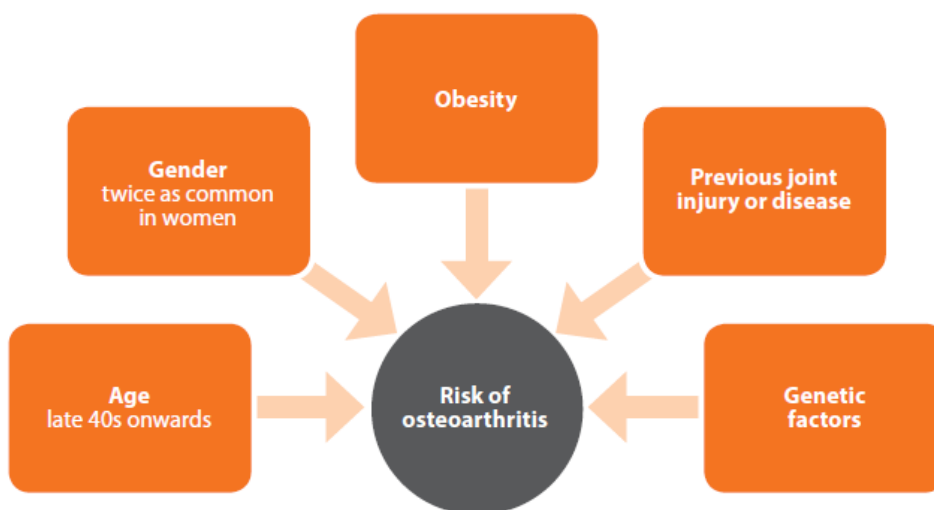
Advice and treatment

Osteoarthritis is an extension of the body's repair process, which takes place in joints which are stressed or injured. Sometimes, but not always, it can cause pain and stiffness.

Signs and symptoms

The condition presents differently in different individuals, but common symptoms can include:

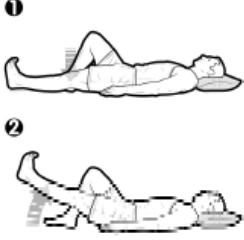



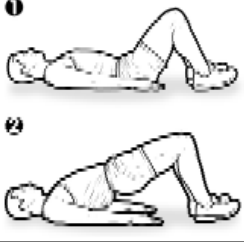
- **Pain** – particularly with weight bearing activities, or at the end of the day
- **Stiffness** – especially first thing in the morning, or after prolonged rest. This often eases with movement of the joint
- **Swelling**
- **Weakness** – often associated with weakness in the muscles of the thigh and hip, generally due to reducing activity levels
- **Crepitus** – a creaking sensation when moving the joint – but also keep in mind this sensation is often normal in healthy joints



What can you do to help your hip

It's very important to keep your joints moving. Exercise can be highly effective in reducing the pain and stiffness caused by arthritis. There are two main types of exercise you can do:

- **Aerobic exercise** – Any exercise that raises your heart rate and makes you short of breath. This type of exercise can improve your sleep, improve your general health and reduce pain by stimulating the release of pain-relieving hormones called endorphins.
- **Strengthening exercises** – Improving the strength of the muscles that support your joints can reduce pain and improve your function and mobility. There are some examples below, but ask your Physiotherapist for exercises to suit your needs.

	<p>1</p> <p>STRAIGHT-LEG RAISE</p> <p>Lie on your back with one leg bent and the other straight. Raise your leg until your ankle is in line with your bent knee. Pause briefly then slowly lower your leg down again. Relax then repeat.</p>
	<p>STANDING HIP ABDUCTION</p> <p>Standing, with your knee straight, lift your affected leg out to the side as far as you can. Ensure you keep your knee and foot pointing forwards. Hold for 2-3 seconds then slowly lower and repeat.</p>
	<p>STANDING HIP EXTENSION</p> <p>Standing, with your knee straight, lift your affected leg backward as far as you can. Ensure you keep your back straight. Hold for 2-3 seconds then slowly lower and repeat.</p>
	<p>BODY-WEIGHT SQUATS</p> <p>With your feet a shoulder-width apart, squat down, ensuring your knees glide over your second toes.</p>
	<p>1</p> <p>SUPINE BRIDGE</p> <p>Lie on your back with your arms by your side, knees bent and feet flat on the floor. Contract your lower abdominals as you raise your hips up until your body and legs are in-line. Squeeze your gluteals and hold for 5 seconds. Slowly lower your hips and repeat.</p> <p>2</p>

You can find more information about osteoarthritis on the NHS website.

Visit NHS website [nhs.uk/conditions/osteoarthritis/](https://www.nhs.uk/conditions/osteoarthritis/)

There are other self-management methods you can follow to improve your symptoms, and reduce the pain and stiffness:

- **Weight management** – being overweight puts stress on weight-bearing joints like your hips, which can increase your chances of developing Osteoarthritis and similar symptoms. Losing even a small amount of weight can make a difference to the strain put on weight-bearing joints such as your hips
- **Pacing your activities** – don't tackle all of the physical jobs at once, try and break up difficult tasks throughout the day, with rest in between. Keep using your hip, but rest it once it becomes painful.
- **Modifying your activities** – avoid sitting in prolonged positions, try modifying your home/workplace to reduce unnecessary strain, use a handrail for support when going up/down stairs, use a walking stick to reduce the weight and stress on the painful hip
- **Painkillers and non-steroidal anti-inflammatories** – there are a number of different tablets and creams that can improve the symptoms of osteoarthritis. You can talk to your GP or Pharmacist about suitable painkilling medications or anti-inflammatory gels that may be appropriate.

This leaflet is intended to support the advice you've received from your GP and Physiotherapist. Please contact them if you have any further questions.

The exercise diagrams have been created by The Rehab Lab.

Visit Rehab Lab website TheRehabLab.com/

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