

PATIENT
INFORMATION
LEAFLET

Hip Osteoarthritis

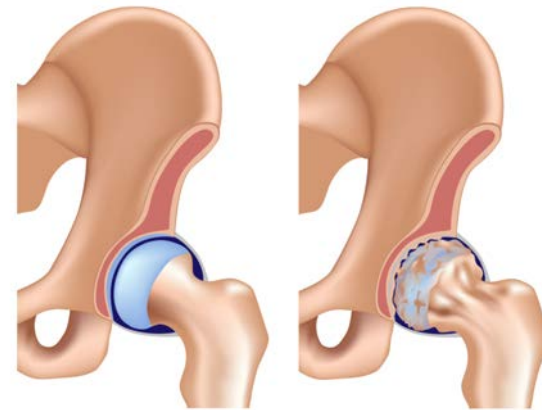
Airedale NHS Foundation Trust
Bradford Teaching Hospitals NHS Foundation Trust
Bradford District and Craven Clinical Commissioning Group

Introduction

Osteoarthritis is a degenerative condition of the joints. Generally speaking, it occurs as a consequence of joint wear and tear. Hip osteoarthritis can cause no symptoms, alternatively it can cause pain, swelling and locking of the hip.

It is important to note that hip arthritis does not always get worse. Progression of symptoms is more likely if you;

- are overweight,
- smoke,
- have had a hip injury causing permanent damage to the supporting structures of the hip



Healthy hip joint

Osteoarthritis

General Osteoarthritis Advice

When starting an exercise for the first time it is important to 'start low and go slow'. This means start with gentle exercises concentrating on the movement and slowly progress through weight bearing to resistance exercises.

It is important to note that exercise in arthritis is completely safe and will not make you arthritis worse.

Pain killers can be used to help you do the exercises. Talk to your doctor for more specific advice regarding pain killers.

However, there are many other options which can improve your pain. Consider appropriate footwear, and in particular weight loss (if you are overweight).

To find out if your weight is contributing to your arthritis check your BMI here (<https://www.nhs.uk/live-well/healthy-weight/bmi-calculator/>).

If your BMI is raised, decreasing this will improve your symptoms. If you want advice on how to reduce your BMI, use the following link (<https://www.nhs.uk/live-well/healthy-weight/start-the-nhs-weight-loss-plan/>).

For more information on physical activity guidelines use the following link (<https://www.nhs.uk/live-well/exercise/>).

Causes of Hip Osteoarthritis

Several factors normally combine to cause symptoms of osteoarthritis:

- Previous joint damage (from trauma or other conditions such as such as gout and rheumatoid arthritis)
- Increased bodyweight
- Reduced physical activity

Symptoms of Hip Osteoarthritis

Many people who have hip osteoarthritis do not experience any symptoms. Symptoms can take months to years to develop. Some people will never develop symptoms.

In people that do have symptoms, the most common are pain and stiffness. These symptoms can get worse with activity and towards the end of the day. The painful areas are usually the lower back, buttocks and groin.

If your hip is badly affected, walking, standing up or bending down can suddenly become much more difficult. Your hip might also 'lock' for a few moments.

Diagnosis of Hip Osteoarthritis

A diagnosis of hip arthritis can be made during a physical examination. An X-ray maybe requested to look for osteoarthritis in the hip. However, it is important to note that the severity of hip arthritis on an X-ray does not correlate well with the severity of symptoms.

Self Management of Hip Osteoarthritis

Footwear

Poor ankle support can cause your hip pain to get worse. Therefore, ensuring you wear well maintained footwear that supports the ankle is important in the management of hip pain. Some people will find orthotics beneficial, speak to your healthcare team to arrange this.

Weight loss

If you are overweight you are putting extra load through your hip. This will be contributing to your arthritis. Therefore, losing weight will improve your symptoms.

Warm and Cold Compresses

Warm compresses can be useful for your day to day pain, whereas cold compresses are useful to manage swelling and pain as a result of that swelling.

Walking Aids (e.g. Nordic walking poles)

Using walking aids in both hands can significantly reduce the load through your hips, therefore allowing you to keep mobile for longer.

Painkillers

Various over the counter pain killers are available for the management of pain. It is important to note these will not cure the arthritis, only numb the pain. It is therefore important to continue with all other aspects of treatment. If you have any questions your local pharmacy will be able to advise about what is safe.

Exercise

It is important to improve the strength of the muscles supporting the hip joint. A more stable hip joint will help with your symptoms.

Exercises for Hip Osteoarthritis

Exercise 1: Hip Extension in Standing



- In standing –make sure you are supported
- Keep your knee straight
- Take your injured leg backwards
- Make sure you keep your back straight
- Make sure the movement comes from your hip

Exercise 2: Hip Abduction in Standing



- Stand sideways
- Make sure you are supported
- Keep your knee straight
- Take your leg out to the side. Repeat

Exercise 3: Hip Flexion



- Stand sideways
- Make sure you are supported
- Keep your knee straight
- Take your leg forwards and back. Repeat

Exercise 4: Chair Squat



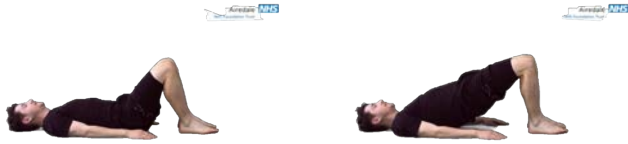
- Stand in front of chair of an appropriate height (a lower chair increases the difficulty and a higher chair is less difficult).
- With your feet about shoulder width apart, sit with your hips back as if to sit into a chair whilst raising your arms front of you.
- Touch the chair with your bottom and then return to standing whilst lowering your arms.

Exercise 5: Pelvic tilts



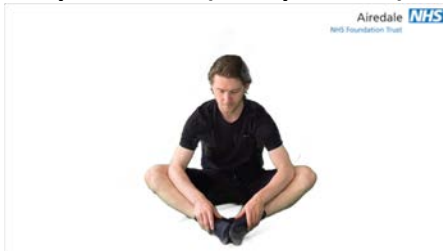
- Lie on your back with your knees bent and your feet flat on the floor.
- Put your hands on your hips. Slowly roll your pelvis - tilt your tailbone - upward and close the space between your low back and the floor.
- You'll feel a gentle stretch of your low back.
- Return to the original position.

Exercise 6: Bridge



- Lie face up on the floor, with your knees bent and feet flat on the ground. Keep your arms at your side with your palms down.
- Lift your hips off the ground until your knees, hips and shoulders form a straight line. Squeeze your buttocks.
- Hold your bridged position for a couple of seconds before easing back down.

Exercise 7: External Hip Rotation (with pressure)



- Sitting on the floor, place the soles of your feet together
- Push your knees down towards the floor

Exercise 8: Knee Lift



- Lying down, raise one, bent knee towards your chest
- Using your hands pull your knee towards your chest, keeping the opposite leg straight.

What Next?

If you are still experiencing symptoms despite following the above advice, it is important you seek advice from your GP. Your GP may decide to refer you to the musculoskeletal clinic or to a physiotherapist.