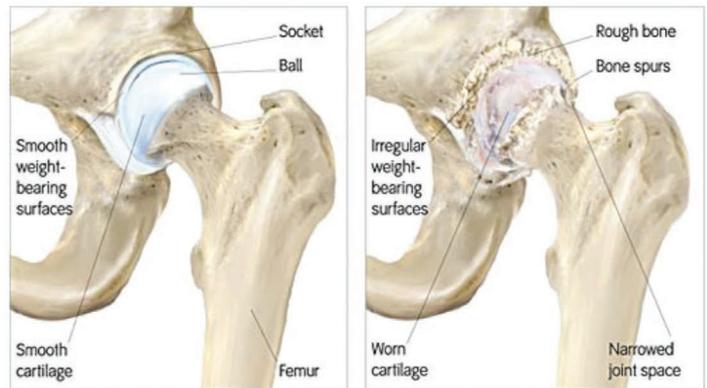


Osteoarthritis of the hip

What is osteoarthritis?

Osteoarthritis is a disease which affects the joints in the body. 'Osteo' means bone and 'arthritis' means inflammation of the joint which may lead to 'wear and tear'. This 'wear and tear' can be painful and also make the joint difficult move. It is quite normal to develop osteoarthritis as you get older but it affects some people more than others.

The pictures opposite shows a healthy hip joint on the left and a hip joint with osteoarthritis on the right.



How does osteoarthritis of the hip develop?

To understand how osteoarthritis develops you need to know how a normal joint works. A joint is where two bones meet. The hip is a large ball and socket joint that connects your leg to you pelvis. It must withstand extreme stresses, twists and turns, such as when we run or play sports.

The end of each bone is covered with cartilage which has a very smooth, slippery surface. It is this cartilage that gets worn with OA.

What causes osteoarthritis of the hip?

Many factors seem to increase the risk of osteoarthritis developing in the hip joint. The risk does increase as we get older, but osteoarthritis of the hip joint is not a problem in all elderly people. It often runs in families so genetic factors can be important.

How can I tell if I have osteoarthritis of the hip?

People with osteoarthritis of the hip joint usually complain that they have pain in the hip, thigh, groin or buttock. Your hip joint may feel stiff at certain times, often in the mornings or after

rest. Pain may be worse after a certain activity, such as using stairs or sitting in low chairs so you may wish to adapt, avoid or limit these activities as able. The pain is usually better when you rest but too much rest and you may stiffen up.

You will probably find that your pain will vary. There may be good days and bad days, or even good and bad months, for no apparent reason. Changes in the weather may make a difference in some people.

Osteoarthritis in your hip can vary from very mild, which may improve with physiotherapy and painkillers, to severe which may require surgery.

Your health care professional may also arrange for you to have an x-ray which is used to see how severe the osteoarthritis is in your hip joints.

How can osteoarthritis of the hip be treated?

There are no cures for osteoarthritis. But there are many treatments. Treatment can help to:

- relieve the discomfort and pain
- reduce the stiffness
- minimise any further changes to the joint.

What can I do to help myself?

You can make a major difference to your osteoarthritis of the hip in two ways:

1. **Lose weight (if overweight).** Many people with osteoarthritis of the hip are overweight. Studies have shown that people who lose weight have fewer hip problems in the future than those who do not.
2. **Exercises.** Even if you do not need to lose weight exercise can help reduce the symptoms of OA. Exercise can either be aerobic (such as swimming, cycling) or strengthening exercises (as shown opposite).

Surgery

If the exercises do not help surgery is usually very successful for OA of the hip. A total hip replacement is the most common procedure which involves replacing the ball and socket parts of the hip joint.

Other treatments

You may be advised by your GP to take anti-inflammatory drugs which can help with pain and stiffness, as well as simple pain killers such as Paracetamol. However, it is advised that you consult a GP or pharmacist before taking these.

Acupuncture, TENs machines and the use of glucosamine and chondroitin may also help your symptoms but it is advised that you discuss these with your healthcare professional before using them.

Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Experience Team** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email lch.pet@nhs.net

We can make this information available in Braille, large print, audio or other languages on request.

Information from Arthritis Research Campaign (ARC)
For more information go to the ARC website at www.arc.org.uk

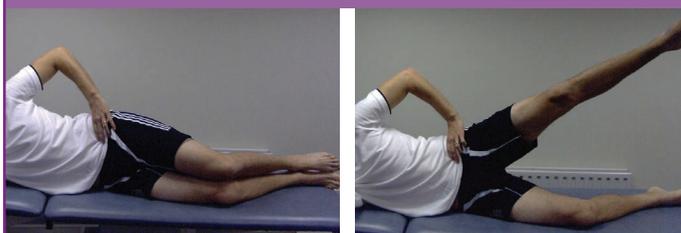
Exercises for Osteoarthritis of the hip

A Gluteus medius stability



- Lie on right / left side with hips bent to 60 degrees and heels together.
- Lift top knee upwards. Ensure hip does not roll backwards.
- Hold for 10 seconds.
- Repeat this exercise until your muscles feel tired. Stop if your pain significantly increases.
- Exercise to be done twice a day.

B Side leg lifts



- Lie on your right / left side.
- Gently tighten lower abdominal muscles then lift your bottom upwards ensuring you keep a neutral lower back position.
- Lift your top leg upwards approximately 50cm.
- Repeat this exercise until your muscles feel tired. Stop if your pain significantly increases.
- Exercise to be done twice a day.

C Hip flexion



- Lie on your back.
- Pull your hip up towards your chest.
- Hold for 30 seconds.
- Exercise to be done twice a day.