

Hip OA Exercises:

These are some gentle exercises to help with Hip OA:

- **Hip Extension:**

Lift your leg backward with your knee straight.



- **Hip Abduction:**

Lift your leg sideways with your knee straight.



- **Hip Flexion:**

Lift your leg up alternatively like marching on the spot.



- **Bridging:**

Lay down on the floor and lift your back and buttocks in the air.



- **Buttocks Squeeze:**

Squeeze your buttocks tightly.

All of the above exercises should be repeated 10 times for 3 sets or until tired.

Ref: www.arthritisresearchuk.org

www.whittington.nhs.uk/msk - please go to our website for service information and much more

Patient advice and liaison service (PALS)

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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Osteoarthritis of the Hip

A patient's guide



What is Osteoarthritis (OA)?

OA is the most common form of arthritis and hip pain in adults. OA is age related degenerative joint condition that can gradually develop with age causing joint stiffness and can be painful.

OA initial affects the smooth cartilage lining of the joint. Gradually, the underlying bone develops bony growth around the joint edges called osteophytes. The ligaments and tissues around the joint can also become inflamed called synovitis.

Risk factors for OA?

- Age over 50
- Being overweight
- It can be hereditary
- Decreased strength and control of the muscles around a joint
- Any previous joint injury

What are the symptoms of OA?

- Dull aching pain in the hip joint, buttocks or groin region
- Increased pain during activity and relieved with rest
- Stiffness of the hip joint, often worse in the morning but tends to loosen up after within a few minutes to half an hour or so
- Decreased/Loss of movement
- Muscle weakness and/or tightness

What are the Treatment Options for OA?

There is no cure for arthritis but there is much that can be done in order to reduce your pain, increase how much you are able to do and decrease your symptoms.

Medications for OA?

- Painkillers and anti-inflammatory, that helps to reduce pain and inflammation, allowing you to be more active. These can be bought over the counter. Please consult with your pharmacist.
- Occasionally with a flare up a corticosteroid injection may calm pain down in the short term, please talk this through with your physiotherapist or GP.

Self-Management

- Avoid being overweight
- Have a balance between rest and activity –take frequent breaks
- Avoid high impact activities
- Use ice to decrease pain and swelling: Try a bag of frozen peas wrapped in a damp towel on the sore area for 10 minutes up to 3 times a day.
- Use heat to decrease pain and stiffness: Try a hot water bottle wrapped in a towel on the sore area for 10 minutes up to 3 times a day.

- Do not use either of the above, if you have any vascular conditions or reduced sensation. Do not exceed 10-15 minutes and monitor for burns.

Self-Management (continued)

- Avoid sitting crossed leg, knee lower than hip and using low chair
- Avoid lying on the painful side
- Avoid carrying heavy weight
- Exercise like walking, cycling, yoga, pilates, hydrotherapy and aqua-aerobics helps to reduce stiffness and muscle weakening
- For pain relief and decrease weight bearing use walking aids. Hold the aid on the opposite side

Physiotherapy

- Provides more specific exercises, advice and local treatment when stiffness, weakness and pain persist in the hip joint.

Surgery and Joint Replacement

- Occasionally people with severe osteoarthritis need a hip replacement.
- This option would be considered in cases where there may be significant loss of movement, you are unable to carry out activities of daily living and severe pain persists despite of above treatment.