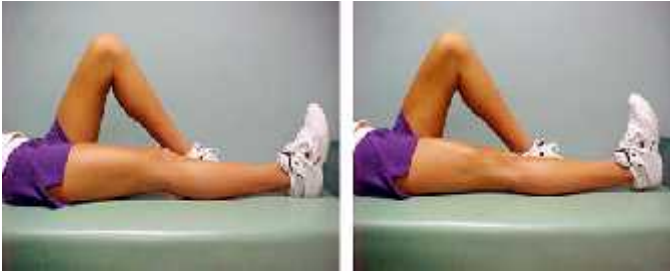


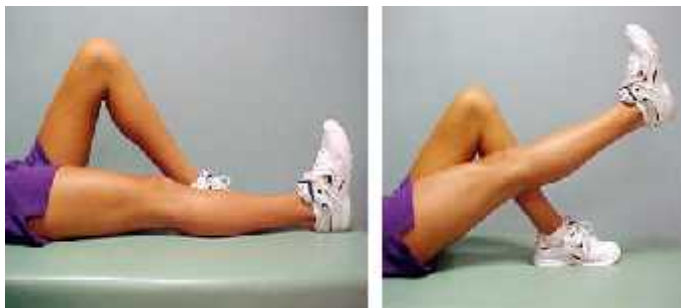
Exercises



Push your knee down and tighten your thigh muscle. Hold for 5 seconds.



Place a towel under your knee and then straighten your knee. Hold for 2 seconds.



Keep your knee straight and lift your leg up.

Stand holding onto a support and lift your leg out to the side.



Stand holding onto a support and lift your leg out behind you.



Bend your knees and then stand up straight again.



Arthritis Of The Hip



Lincolnshire
Physiotherapy
& Sports Injuries Clinics

Lincoln | South Lincoln | Market Rasen
Louth | Marshall's Yard | Epworth | Navenby

E info@lincolnphysioclinic.co.uk
W www.lincolnphysioclinic.co.uk

What is Arthritis of the Hip?

Hip pain is an extremely common problem in people over the age of 50 years of age. It can be due to osteoarthritis - 'wear and tear' or other conditions.

Osteoarthritis is when degeneration of the joint surfaces occurs so they are no longer smooth but become roughened. This can cause pain. However, studies have shown that the amount of osteoarthritis within the hip does not necessarily correspond to the amount of pain that is experienced.

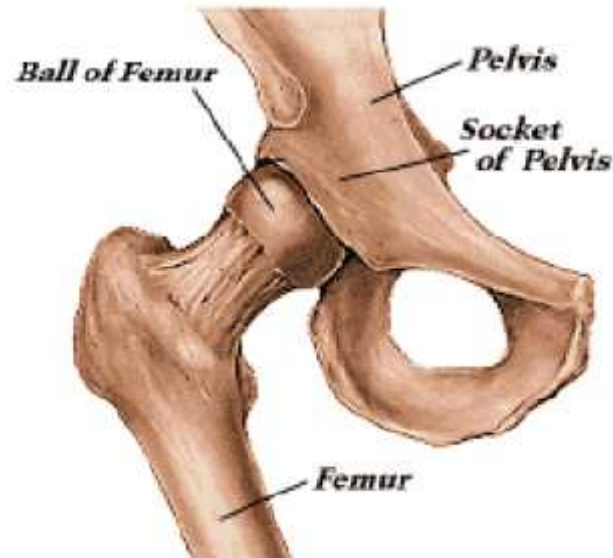
Diagnosis

A Doctor or Physiotherapist will take a history and physically examine the joint, can then make a diagnosis.

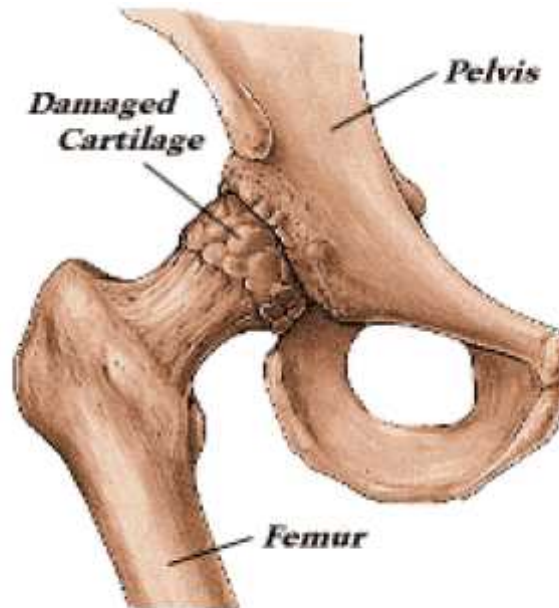
X-ray and other investigations are rarely needed, however may be required in some cases to exclude other problems.

Signs and Symptoms

- Pain around the hip and groin
- Pain with walking and standing
- Morning stiffness
- Grinding or clicking noises
- Loss of muscle bulk in buttocks & thigh



Normal Hip



Arthritic Hip

Treatment

Exercise to increase muscle strength and control; simple exercises over the page.

Weight Loss - excess weight does increase stress through the joint which can increase pain.

Pain Killers And Anti-Inflammatories - as directed by your Doctor or Physiotherapist.

Acupuncture - for pain relief and commonly used by Physiotherapists to ease symptoms.

TENS - (Transcutaneous Electrical Nerve Stimulation) a small electrical device which passes low level electrical impulses through your joint which helps to decrease pain.

Dietary supplements such as cod liver oil, and glucosamine chondroitin can help.

Injection of steroids into the soft tissue and around the joint can give short term relief of severe pain.

Surgery - Total or partial hip replacement may be required in severe cases.