

Hip Osteoarthritis Service User Information Leaflet

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Produced by Fife Musculoskeletal Physiotherapy Service

Diagrams: ©PhysioTools

Osteoarthritis (OA) is a condition which can affect many joints in the body.

How does it affect the hip?

- Joint pain and stiffness / swelling within the joint.
- Muscle weakness of the thigh and pelvis.
- Feeling of giving way on walking.

How can osteoarthritis of the hip be treated?

- There is no cure for osteoarthritis. The condition, however, can be successfully self-managed in most cases.
- Pain or anti-inflammatory medication can help relieve pain.
- Exercise can reduce stiffness, improve muscle strength and improve stability of the hip.
- Some patients do need hip replacement surgery. It is difficult to predict which patients will require surgery in the future.

What can I do to help myself?

- Use heat (heat pad or wheat bag) or cold (bag of frozen peas wrapped in damp towel) for up to 20 minutes twice a day.
- Being overweight puts more strain on the joint, so weight loss can help.
- Continue medication prescribed by your doctor.
- Wear supportive footwear with cushioned soles.
- Avoid sitting in one position for long periods.
- Change activities which increase your pain or you find difficult.
- Walking and cycling are good forms of exercise.
- You may benefit from use of walking aid.

The following exercises should be done on a daily basis.

1 Flexion / extension



Either sit or lie down on a bed or couch.

Bend and straighten your leg as in picture.

Repeat 5-10 times.

2 Abduction



Lying on your back.

Bring your leg out to the side and then back to mid position.

Repeat 5-10 times.

3 Frog legs



Lying with your knees bent and feet on the floor hip width apart.

Turn the soles of your feet to face each other and allow your knees to fall outwards. Feel the stretch in your groin. Keep your back flat on the floor during the exercise.

Repeat 5-10 times

4 Extension



Stand straight holding on to a chair.

Bring your leg backwards keeping your knee straight. Do not lean forwards.

Repeat 5-10 times.

5 Pendular



Standing sideways on a small step with support for balance. Allow outside leg to hang free over the edge of the step.

Gently let the leg swing forwards and backwards like a pendulum.

Repeat 5-10 times.

For Further Advice:

www.nhsinform.scot/illnesses-and-conditions/muscle-bone-and-joints

For free and confidential advice about work call the Healthy Working Lives Adviceline on 0800 019 2211.

www.healthyworkinglives.com

Physical Activity Advice

www.healthscotland.com/physical-activity.aspx

Physical Activity Health Benefits

<http://www.youtube.com/watch?v=aUalnS6HIGo>