The Physio Movement

HIP OSTEOARTHRITIS

WHAT IS HIP OSTEOARTHRITIS?

Hip arthritis is classified by the degeneration or eroding of the hip joint surfaces or protective cartilage. As we age the cartilage properties change leading to a loss of healthy proteins. The cushion between the bones decreases, causing friction and irritation between the joints which results in inflammation. New bone is subsequently put down and spurs occur.

ANATOMY:

The hip is a ball and socket joint that occurs between the head of the femur (ball) and the acetabulum (socket). The hip plays a major role in ambulation and load bearing.

DIAGNOSIS:

A thorough subjective and objective examination will look at the current history of the condition. X-ray is a great diagnostic tool and will assess for the following signs:

1. Subchondral bony oedema;
2. Loss of joint space;
3. Bone spurs;
4. Flattening of the joint surfaces.

CAUSES OF HIP ARTHRITIS:

Some possible causes hip arthritis include:

- Aging process
- Repetitive load bearing exercises
- Hip muscle weakness
- Obesity
- Leg length discrepancy
- Genetics
- Previous trauma

SIGNS AND SYMPTOMS:

- Pain in the joint during or following activity
- Joint stiffness
- Decreased range of motion
- Grinding, clicking sensation
- Morning stiffness generally lasting under 30minutes

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PHYSIOTHERAPY TREATMENT OPTIONS:

- Massage
- Food coaching
- Lifestyle coaching
- Exercise and strengthening programs
- Hydrotherapy
- Supplement advice
- Hydrotherapy programs
- Stretching programs
- Dry Needling
- Education
- Pain relief strategies
- Electrotherapy
- Pilates
- Stress reductior therapy

The major goal of physiotherapy is keeping you active through light exercise including swimming, walking and cycling. Your physiotherapist will focus on pain relief strategies and strengthening, which will unload the joint.

OTHER INTERVENTIONS:

When significant arthritis is present or conservative treatment hasn't been successful, surgery may be indicated. This can come in many forms including minimally invasive arthroscopic surgery or joint replacement. You may discuss this further with your physiotherapy or doctor.