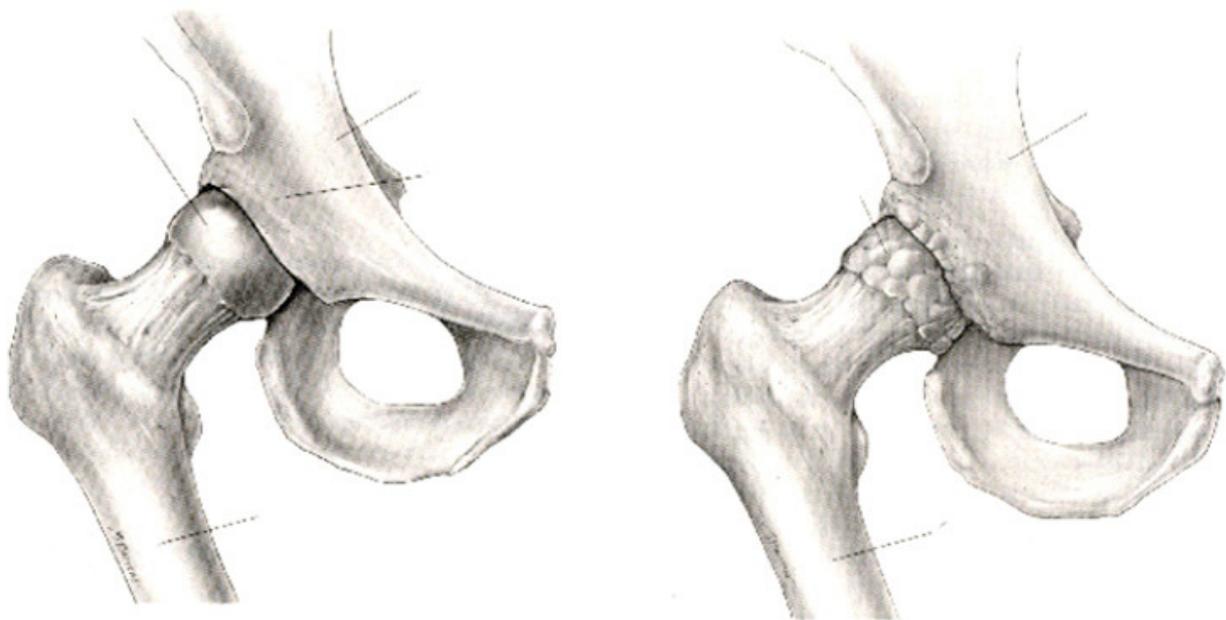


Hip Osteoarthritis

Osteoarthritis (OA) is a painful inflammatory condition affecting the joints of the body. It causes changes to the cartilage on the surface of the joints which normally acts as a shock absorber for the joint, and its smooth, slippery surface which allows freedom of movement. When someone has OA their cartilage becomes thinner and its surface roughened. The bone underneath becomes thicker and can grow out at the side of the joints. Extra fluid may form making the joint swell slightly and the capsule and ligaments may thicken and get stretched.

In most cases the changes are fairly mild, though occasionally they may be more severe. In the worst cases this may alter the shape of the joint.



The symptoms are often variable with episodic spells of a few weeks or months. Damp weather may worsen joint pain in some sufferers.

The Causes

Age:

OA is common among older people, although it may sometimes start earlier.

Joint wear:

Wear and tear is the most common cause of OA, often exacerbated by being overweight; however, a major injury or some joint surgeries may predispose you to increased wear resulting in OA.

Heredity:

Some forms of OA run in families, but this plays only a small part in most of the varieties

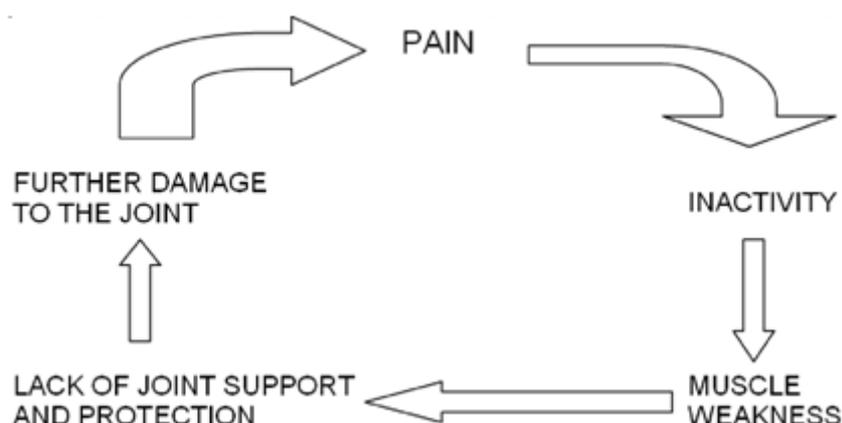
Deconditioning:

Decreased strength and control of the muscles around a joint may leave it less supported and may make it prone to wear and tear.

Management of OA

Drug treatment - several drugs can help you deal with the symptoms of OA. These include painkillers (such as paracetamol) and anti-inflammatories (such as ibuprofen). You should seek guidance from your pharmacist or GP when considering using anti-inflammatories, especially if there is a risk of stomach problems. There is much debate on the use of dietary supplements (e.g. glucosamine and chondroitin tablets, fish oils etc). Although some people report beneficial effects from these treatments, they have yet to be satisfactorily proven in clinical trials. Unfortunately, no medicine available at this time has been shown to provide a cure for osteoarthritis.

Exercise - helps strengthen and recondition the muscles around the joint and may help to protect it. A routine of simple strengthening and stretching exercises can be of great help in reducing the pain associated with osteoarthritis, improving mobility and maintaining a higher activity level. The exercise is of great importance in breaking the vicious circle caused by inactivity which is a result of pain, and to prevent the further damage to the joint.



Physiotherapy - can be beneficial by providing more specific exercises, advice and local treatment when stiffness, weakness and pain persist in the hip joint.

Exercises in water (Hydrotherapy) - may be prescribed to relieve pain and improve movement and muscle strength. Some people find swimming a particularly good way of exercising and keeping fit, as it is a non-impact activity and causes little pain.

Ice or heat - either of these may help the pain. Ice if the knee is hot and swollen and heat if it's painful and stiff. Be sure you don't use either if you have poor circulation or if there is any other medical reason for avoiding one or the other. Don't make the heat too great or leave it on for more than 20 minutes at a time. Ice should also be used for short periods (15-20 min). Hot/cold packs are available and can be purchased from pharmacies. Make sure that you read the instructions well before using them or ask for advice from your physiotherapist in order to prevent skin injuries or burns.

Surgery and joint replacement - may be an option in cases where severe pain has developed in spite of the above treatment.

Useful hints:

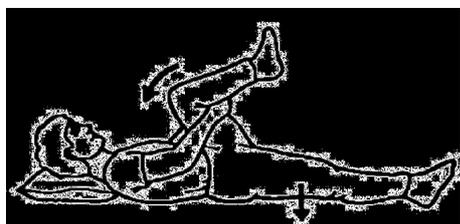
- You can reduce the stress on painful joints by maintaining a healthy body weight
- Avoid activities which cause prolonged, severe pain afterwards. However, it is important to stay fit and active and to keep the joint moving fully
- Joints do not wear out with overuse. In general it is much better to use them than not to. However, you will need to strike a balance between too much activity and too much rest.

- For most people with OA the best advice is little and often. For example do housework or gardening in short spells interrupted by short rests. Avoid sitting in one place for too long; get up and stretch the joints from time to time
- Try using a hiking-pole/walking stick to take the weight off the joint when walking, ideally using the opposite hand. Also try cushioned shoes (e.g. trainers) to act as a shock absorber for the leg.
- Remember: OA doesn't always get worse. Most people carry on a normal life by following this advice.

And finally:

Please find attached a number of suggested exercises. They should be worked through at least once a day. Although there may be some discomfort during the exercises, they should not cause an increase in overall pain.

Personal Exercise Program



Lying on your back with a cushion under your head.

Pull your knee onto your stomach helping with your hands. Push your other leg down towards the floor. Hold approx. 5 secs. - relax.

REPEAT 5 TIMES



Stand straight holding onto a chair.

Bring your leg backwards keeping your knee straight. Do not lean forwards. Hold for 5 seconds.

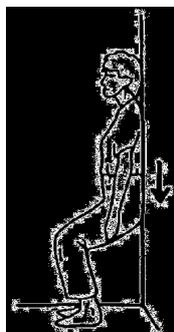
REPEAT 5 TIMES



Stand straight holding on to a support.

Lift your leg sideways and bring it back keeping your trunk straight throughout the exercise. Hold for 5 seconds.

REPEAT 5 TIMES



Stand leaning with your back against a wall and your feet about 20cm from the wall.

Slowly slide down the wall as far as comfortable (no further than a right angle at the hips and knees). Hold for 5 seconds. Return to starting position.

REPEAT 5 TIMES
