Hip Osteoarthritis

Osteoarthritis is a deterioration of the cartilage covering of the hip joint, often resulting in inflammation, pain and stiffness of the joint. OA can occur at any age, although it is more common in people over the age of 45 and affects 33 per cent of people over 75.



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What causes it?

A degree of OA change to our joints is a normal part of the ageing process however, there are several lifestyle, movement and genetic factors which can accelerate the rate of change and symptoms experienced including:

- Being overweight.
- Poor biomechanics.
- Lower limb weakness.
- History of trauma to the hip.

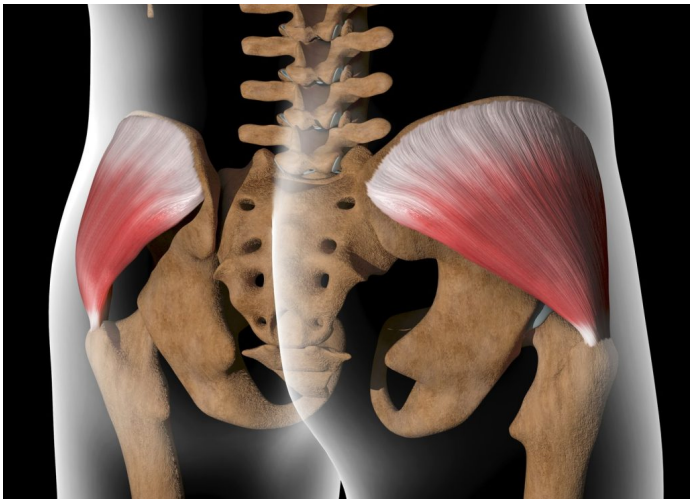
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- Family history of OA.

What are the symptoms?

The symptoms of OA will vary depending on the severity of the condition but can include:

- Joint pain and stiffness.
- Inflammation and swelling of the joint.
- Pain with prolonged or excessive weight bearing.
- Clicking, clunking, and grinding of the joint.
- Enlargement of or change in joint appearance.



It is important to note that there is not a strong correlation between the changes seen on imaging and the symptoms experienced, and that treatment can lead to significant improvements in pain and function.

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Treatment

Treatment for hip OA involves shared decision making between the therapist and client based on the goals of the client and relative contribution of various factors to the condition. Generally, this involves a degree of activity modification to decrease overload to the joint and exercises to strengthen the hip and improve mechanics in conjunction with manual therapy, medications and advice on weight loss.

High-level evidence shows that exercise and physical activity are key to reducing inflammation and pain and improving function. Your physiotherapist will help you to determine what level of activity is enough to challenge your muscles and joint, without flaring symptoms.

In more severe cases, joint replacement surgery may be required but should only be considered after failing to achieve adequate results with conservative management.



Book Now

Stop putting up with pain and reduced function from hip OA. Book an appointment with one of our expert physios

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today to get a plan to strengthen your knee and get you back doing the things you love!

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