



## **Pain Relief Advice**

**Anti-inflammatory tablets or painkillers may have been prescribed or alternatively can be purchased from your local pharmacy.**

**These will help with stiffness and pain but may not be suitable for all patients. Paracetamol may be a suitable alternative.**

**If in doubt you should consult your GP or pharmacist before taking any medication.**

**Keep all medicines out of the reach of children.**

Call now for more information

01335 230079

[www.dchs.nhs.uk](http://www.dchs.nhs.uk)

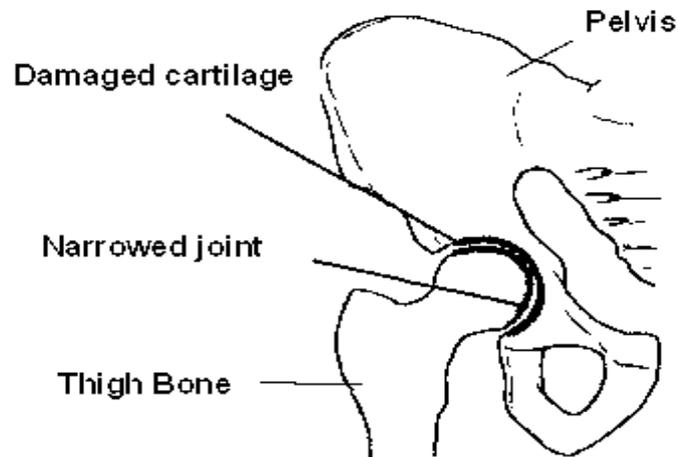
## **Practical Help on the Management of Osteoarthritis of the Hip**

This leaflet is designed to supplement the advice given by your GP or Physiotherapist. It aims to help you if you have Osteoarthritis of the hip. It may also help your family understand more about the problem. The information is written by physiotherapists and based on the latest research.

## What is Osteoarthritis?

Osteoarthritis (OA) is the term used to describe the changes that occur to our joints over time. An important factor related to experiencing pain with OA is related to the speed at which the changes occur. A lot of people with worn joints never know about it because the changes occur slowly.

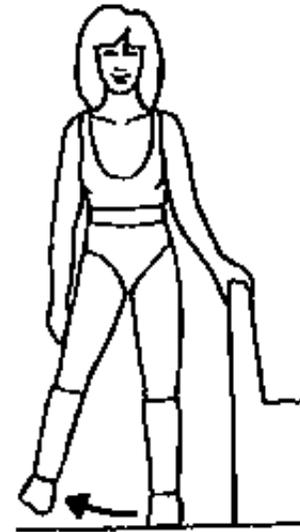
Joints love movement. Movement distributes the fluid in a joint. Having weight through a joint provides pumping compression which is essential for the health of the cartilage.



As the cartilage thins, the surrounding bone thickens in an attempt to redistribute weight. The joint may feel like it is grinding and a grating sound may sometimes be heard. These are common features and need no special attention.

The lining to the joint also thickens and may produce extra fluid, which can cause the joint to swell. This may be helpful as it can create a bit of a cushion. However it may also make the joint feel stiff especially after a time of inactivity for example first thing in the morning.

These changes can be considered the kisses of time.



Stand straight holding on to a support if required. Lift your leg sideways and then bring it back, keeping your back straight throughout the exercise.

Repeat 10 times, twice per day



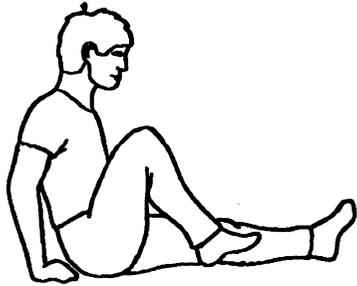
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Lie on your side with your knees bent.

Tighten your buttocks. Lift your top knee as far as you can, without letting your pelvis rotate forward or back.

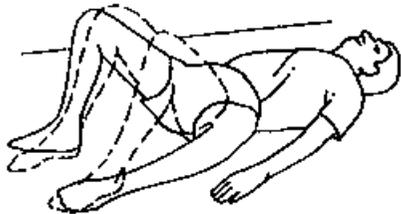
Keep your feet together and back straight during the exercise.

If any of these exercises aggravate your symptoms, you may modify them and discuss this with your physiotherapist.



Sitting as shown, slide your heel bending your hip and knee up towards your chest as far as comfortable.

Lie with your knees bent and feet on the bed, hip width apart. Allow one knee at a time to fall outwards, keeping your back flat on the bed. Feel a stretch in your groin.

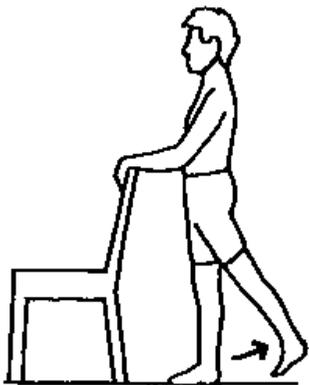


Hold for 5 seconds. Repeat 5 - 10 times twice per day.

Stand straight, holding onto a chair.

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

Repeat 10 times twice per day.



## How do I know I have Osteoarthritis ?

- **Stiffness** - Usually worse in the morning or after long periods of inactivity. Eases with movement.
- **Pain** - Worse on prolonged standing, walking or running. However, severe pain does not indicate advanced osteoarthritis. The hip usually presents as pain in the groin and thigh.
- **Sleep** - May be disturbed when lying on the affected side or changing position.

## What can I do to help myself ?

Most mild to moderate cases of Osteoarthritis can be managed very well by yourself. Try these ideas:-

- **Heat** - Good for relieving pain and stiffness. Apply with a hot water bottle or soak in a hot bath. Move the joint after or during the application of heat. Do not make the pack too hot to avoid burning the skin.

- **Movement** - Take regular opportunities to move the hip.

This will minimise stiffness and help nourish the joint.

- **Sticks** - Use of a stick can help reduce the strain on the joint. The stick should be measured for you personally and used on the opposite side to your affected hip.

- **Footwear** - Cushion soled shoes or insoles may be helpful to act as shock absorbers for the hip and leg.

- **Medication**—Anti-inflammatory tablets or painkillers may have been prescribed or alternatively can be purchased from your local pharmacy. These will help with stiffness and pain but may not be suitable for all patients. Paracetamol may be a suitable alternative.

If in doubt you should consult your GP or pharmacist before taking any medication.

- **Weight** - Studies have shown that losing weight can help the condition. There are benefits to be gained by losing just small amounts of weight. Even 1 or 2 kg (2 - 5lb) has been shown to be of benefit.

## Exercise

Exercise has been found to be beneficial for people with Osteoarthritis of the hip. They not only help to relieve the symptoms of Osteoarthritis but also provide protection against worsening of the condition.

There are four types of exercise that need to be considered:

- Strengthening of muscles, ligaments, nerves and bones.
- Flexibility of the joint (these are detailed in this leaflet)
- Aerobic Capacity (e.g. swimming and walking). This type of exercise helps you to improve your overall fitness and become more active. It may also help you lose weight.
- Balance

**THE BENEFIT OF EXERCISE IS ACHIEVED WHEN DONE REGULARLY - A LITTLE AND OFTEN HAS A CUMULATIVE EFFECT.**

Exercise does not have to be expensive and a programme done at home may be more practical, more affordable and enjoyable than one done at the local sports centre.

The following exercises will help strengthen the important muscles that support your hip and improve the flexibility around the hip.

You may experience some discomfort with exercise, this is normal. The pain should ease soon afterwards.