

HIP OSTEOARTHRITIS

WHAT IS IT?

Degenerative joint disease involving cartilage of the hip and inflammation of the soft tissue linings. Osteoarthritis may be diagnosed by your history and physical examination or by an X-ray. An X-ray may not be helpful since early stages of arthritis may not be seen on X-ray while moderate to advanced stages of arthritis are recognizable on physical exam.

WHAT WILL I FEEL?

You may feel any or all of the following symptoms:

Aching, pain, stiffness, swelling and sometimes a grinding sensation.

You may have difficulty :

Walking, squatting, climbing stairs, or putting your shoes and socks on due to pain or stiffness.

Symptoms are usually worse in the morning and after prolonged activities.

HOW LONG WILL IT TAKE TO GET BETTER?

Degenerative joint disease generally follows a slowly progressive course. You may have symptoms lasting days, weeks or months, followed by days, weeks or months of manageable symptoms.







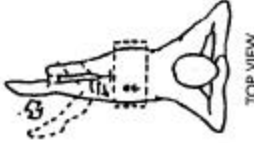


Symptoms usually come on gradually and may come and go depending on activity, weather, general health, conditioning, and incidents of trauma or overuse.

WHAT CAN I DO TO HELP MYSELF?

- **Medication** - Talk to your health care provider or consult the *Healthwise Handbook*. It may take 10-14 days for you to notice the benefit of anti-inflammatory medication.
- **Move Your Hip Often** – Arthritic joints feel better with gentle midrange movement and worse with long periods of immobility.
- **Supportive Shoes** – with good arch supports and cushions. Non-prescription orthotics may be advised to support your feet. Avoid high heels. Avoid standing or walking on cold concrete surfaces for prolonged periods.
- **Maintain Ideal Body Weight** – to place less stress on the hip(s). Gentle water exercise or bicycling may promote weight loss while improving mobility of the hip.
- **Exercise** - Do the exercises listed on the back of this form to maintain range of motion decrease pain, stretch muscles that are tight and strengthen muscles that are weak.
- **A Cane** – may be recommended to decrease weight bearing on the joint and allow you walk without limping.

MOVEMENTS TO IMPROVE MOBILITY AND EASE PAIN

- Do all exercises twice per day - 5 to 20 repetitions each.
- All exercises must be done **PAIN-FREE**. Feeling a stretching or pulling sensation is OK.
Stop doing any single exercise if it immediately increases your pain.
- If you have increased **pain that lasts more than 1 hour** after finishing the exercises, you need to decrease the number of repetitions of each exercise.

<p>Lean forward and place hands on your knees. Gently move forward one hip at a time, then back one hip at a time.</p> 	<p>Sitting or Lying. Pull your knee toward your opposite shoulder.</p> 	<p>Lie on your side with your knees slightly bent. Placing your feet together, roll your knee toward the ceiling.</p> 
<p>Lie on your back - Bend both knees placing feet flat. Slowly raise buttocks from the bed/floor, keeping your stomach tight. Avoid arching your back.</p> <p>Hold 5 seconds</p> 	<p>Lie on your stomach. Bring your heel toward your buttock. until you feel a stretch in the front of the thigh .</p> <p>Hold 5 seconds</p> 	<p>Lie on your stomach. Bend your knee to 90 degrees. Allow your foot to drop out to the side. Hold 5 seconds. Now bring back to the middle.</p>  
<p>Lie on your stomach. With your knee bent to 90 degrees, lift the leg 1" off of the bed/floor.</p> 	<p>Waiters Bow Squat, bending forward from the hips. Hold 5 seconds</p> 	<p>Stationary bike/ Peddler Adjust bike so the leg is nearly straight when down. Begin with low resistance. Begin with partial circles, then progress to full circles. Begin with 5 minutes. Work up to 20 minutes or more as able.</p> 