



## HIP OSTEOARTHRITIS

Osteoarthritis, the most common form of arthritis, is basically the degeneration of joints, also known as degenerative arthritis or degenerative joint disease, and is particularly common in load-bearing joints like your hips.

Usually occurring in middle age, osteoarthritis generally begins with hereditary, developmental, metabolic, or mechanical problems that lead to the loss of cartilage. When bone surfaces become less well protected by cartilage, bone may be exposed and damaged. Also, when we decrease movement as a result of arthritic pain, the regional muscles sometimes become atrophied, causing ligaments to lose strength.

### WHAT IS THE TREATMENT FOR OSTEOARTHRITIS?

Treatment options generally involve a combination of exercise, lifestyle modification, and analgesics. However, if the pain becomes debilitating, joint replacement surgery may be used to improve the quality of life.

### WHAT ARE THE SYMPTOMS OF HIP OSTEOARTHRITIS?

Patients who have osteoarthritis of the hip sometimes have problems walking. Initially, diagnosis can be difficult because the pain appears in different locations, including the groin, thighs, buttocks, or knees.

### IF YOU HAVE ANY OF THE FOLLOWING SYMPTOMS, TALK TO YOUR DOCTOR:

- Joint stiffness
- Any pain, swelling, or tenderness in the hip joint
- A sound or feeling (“crunching”) of bone rubbing against bone
- Inability to move the hip to perform routine activities such as putting on your socks

If you are diagnosed with hip degeneration, exercise and maintaining a healthy weight are key to living well with osteoarthritis. While overall fitness improves health in many ways, it is especially critical for osteoarthritis patients, because weight management helps reduce the load on your joints, while strong muscles protect them.



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