

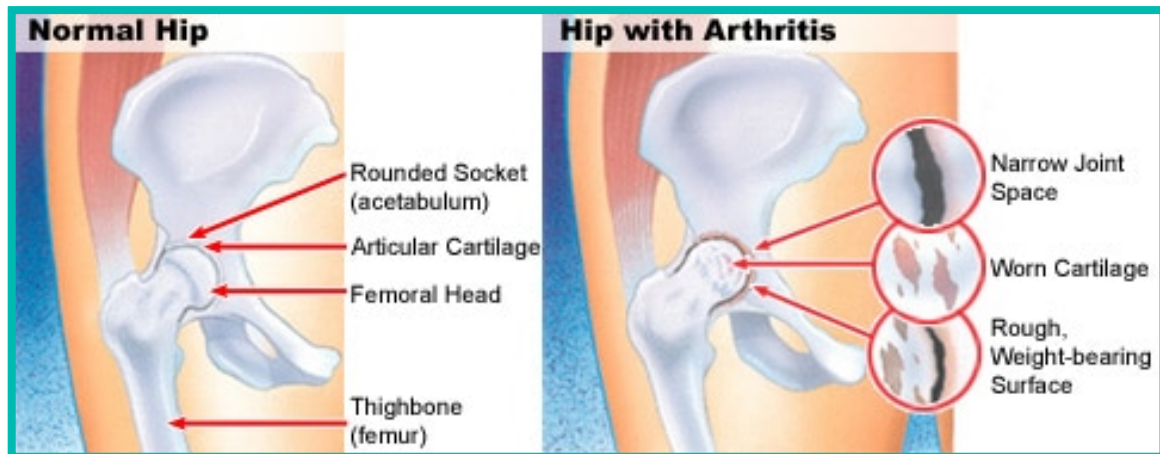
A Hip Information & Exercise

Osteoarthritis of the Hip

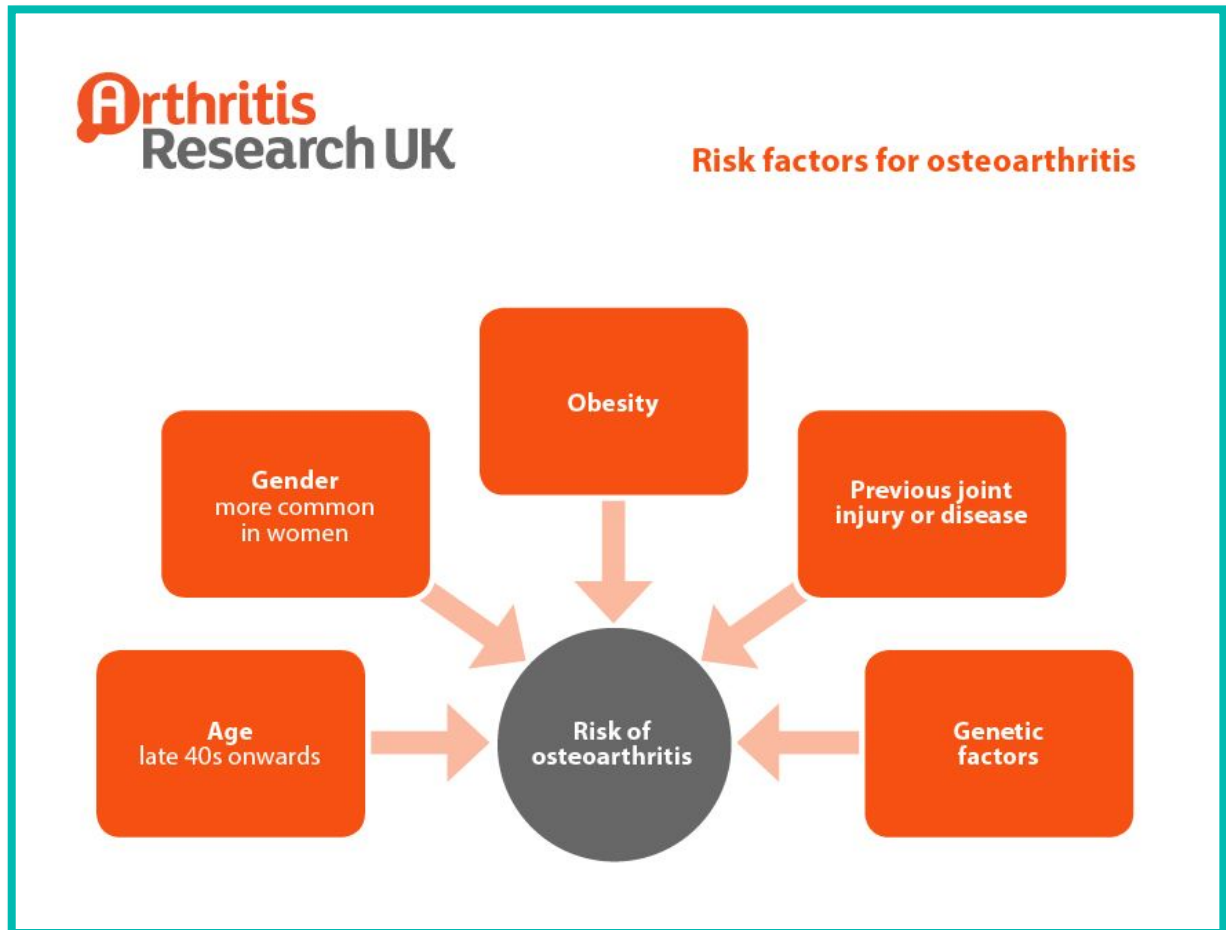
The word arthritis is used to describe pain, swelling and stiffness in a joint or joints. Around 10 million people in the UK are thought to have arthritis. It can affect people of all ages – even children and teenagers. Some forms of arthritis are more common in older people.

The most common type of arthritis is Osteoarthritis. It is estimated that around 8.75 million people in the UK have seen a doctor about osteoarthritis.

Osteoarthritis is more common in women and usually affects people from the age of 45 onwards. The parts of the body most commonly affected are the knees, hands, hips, and back.



Causes and Risk Factors



Obesity - Carrying extra body weight contributes to osteoarthritis in several ways, the more you weigh the greater your risk. Increased weight adds stress to weight-bearing joints.

Genetics - Some people inherit a tendency to develop osteoarthritis.

Joint injuries - Injuries such as those that occur when playing sports or from an accident can increase the risk of osteoarthritis.

Management

There are many ways in which arthritis pain can be managed conservatively and by utilising a combination of methods that work for you, it is important to know that it is all about 'Management'.

The way to think about this is that you are using these management techniques so that:

“You are in control of the Arthritis; the Arthritis is not controlling you”.

1. Pain relief and NSAID's (Anti-inflammatories)
2. Heat / Ice
3. Activity modification
4. Exercise

Medication

Over the counter pain relief or anti-inflammatory medication can be used to reduce your pain so you can be more active or complete your exercises.

All medications have side effects and must be used carefully. Paracetamol and ibuprofen are the most common over the counter painkillers. However, some medical conditions will prevent you from taking them, so you should always check with your GP or Pharmacist to ensure they are safe for you.

If you decide to take pain medication it is important to take them at the recommended dose and to take them regularly to prevent a flare up of your symptoms and allow you to remain active and continue exercising.

Don't wait until your pain is severe before taking the pain killers as they won't work as well.

Ice/Heat

Using Ice to cool or Heat to warm the painful area can be helpful in managing pain, swelling and help the healing process. The smaller the body area the less time you will need to keep the ice or heat on. Start with 5 minutes but no more than 15/20 minutes per body part.

Use a damp towel between yourself and ice to prevent any cold burns. Use a dry towel between yourself and the heat to prevent heat burns. Regularly check your skin while using ice or heat and remove immediately if any burns or injury occurs.

Use Ice for Pain relief or *after* activity/exercise.

Use heat for pain relief or *before* activity/exercise.

Corticosteroid injections

A corticosteroid injection may be suggested if your symptoms aren't resolving with the above advice. A corticosteroid injection can be used to help settle pain and inflammation. This will not resolve the problem but may help to reduce pain and inflammation, so you find it easier to do the exercises.

Further Investigations

Scans and x-rays are not routinely required to diagnose this condition. In some situations, they may be requested to rule out other conditions or determine the severity of the Osteoarthritis.

Activity Modification

The important thing to remember is that you should never stop going about your day-to-day activities or doing hobbies that you enjoy. It is simply a case of modifying your activity, so you are finding the right balance between activity and rest.

For example: Try taking short breaks of 3–5 minutes every 30–45 minutes to sit and rest your joints. Everybody is different so you can tailor this idea to a plan that suits your lifestyle better.

Exercise

Your body is designed to move and not doing so can harm the tissues in and around your joints. Exercise and sport are good for your physical and mental health.

Exercise helps to:-

- Keep your joints healthy
- Reduce pain
- Strengthen the muscles and bones
- Reduce your weight

Start off by doing a small amount of gentle exercise that's in your comfort zone, and gradually increase the amount you do – both in terms of the time you spend exercising and the effort you put in.

Below are some examples of exercises you can do little and often in the day to help with pain and stiffness symptoms that commonly arise with Osteoarthritic changes.

Aside from these exercises below other exercises that are useful to do are exercises that are more resistance based rather than impact based. (e.g Swimming, Cycling, Rowing).

Prognosis and Other Symptoms

Treatment focuses on improving the condition of the muscles that support the affected joint and avoiding aggravating activities as much as you are able. Improving muscle condition requires regular exercise, some examples of which you can find below. It will usually take several months to see any significant improvement

If:

- Your symptoms do not appear to be the same nature or pattern as described in this leaflet.
- Your symptoms have not improved or are becoming worse.
- You feel generally unwell and have a high temperature or feel hot and shivery
- You have very severe joint pain that isn't settling with the above advice.
- Your affected joint is locking or giving way.

Then please contact your GP for a review.

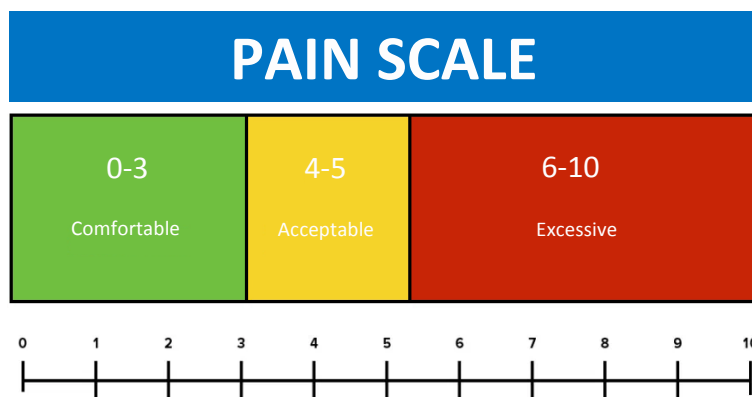
Exercise

Pain during exercises should be manageable. Aim to stay within the green and amber zones. If experiencing excessive pain then you can modify the exercise, and then slowly build it back up over time;

- Reduce the range of movement
- Reduce repetitions
- Reduce the resistance/weight being used
- Slower, less intensity and control the movement more
- Increase the rest between each set of exercises

Progress onto the next stage of exercise once they become easier and you can fully complete the exercises in the comfortable zone of the pain scale.

- Pain after exercise should settle to your pre exercise levels within 30-60 minutes.
- Pain or stiffness due to exercise in the next morning should not last longer than 60 minutes.
- Use your pain relief, ice/heat or anything else you have found that eases your symptoms to help manage.





Stretching exercises

Try to do these exercises every day, as stretching exercises can be particularly good for hip osteoarthritis. For these, it's good to push until you start to feel the pain, but don't push through the pain, as it could make your symptoms worse.



Knee lift (stretch)

Lie on your back. Pull each knee to your chest in turn, keeping the other leg straight. Take the movement up to the point you feel a stretch, hold for around 10 seconds and relax. Repeat 5 to 10 times. If this is difficult, try sliding your heel along the floor towards your bottom to begin with, and when this feels comfortable, try lifting your knee.

Heel slide (stretch)

Lie on your back. Bend your leg and slide your knee towards you as far as is comfortable. Slide your heel down again slowly.



External hip rotation (stretch)

Lie on your back with your knees bent and feet flat, hip-width apart. Let one knee drop towards the floor and then bring it back up. Keep your back flat on the floor throughout.





Strengthening exercises

To try and build up the strength of your muscles, try to do these exercises two to three times a week.

Hip flexion (strengthening)

Position yourself next to a wall that you can use for support. Stand on one leg and bring the other one up to a right angle, then hold for up to 30 seconds. If you feel safe, challenge your balance by taking your hand off the wall. Instead of using your arm for support, you can also do this exercise by leaning against a wall and sliding your leg upwards along it.



Hip abduction (strengthening)

Lift your leg sideways, being careful not to rotate the leg outwards. Hold for five seconds and bring it back slowly, keeping your body straight throughout. Hold onto a chair or work surface for support. You can also do this exercise lying sideways.

Hip extension (strengthening)

Move your leg backwards, keeping your knee straight. Clench your buttock tightly and hold for five seconds. Don't lean forwards. Hold onto a chair or work surface for support.





**Heel to buttock exercise
(strengthening)**

Bend your knee to pull your heel up towards your bottom. Keep your knees in line and your kneecap pointing towards the floor.



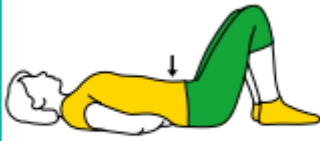
Mini squat (strengthening)

Squat down until your kneecap covers your big toe, this should be at about 45 degrees. Hold this position for a count of five, if you can. Use a work surface or a chair for support if you need to.

Straight-leg raise (sitting)

Sit back in your chair, with your back straight. Straighten and raise one of your legs. Hold for a slow count to 10, then slowly lower your leg. Repeat 10 times with each leg.





**Stomach exercise
(strengthening/stabilising)**

Lie on your back with your knees bent. Put your hands under the small of your back and pull your belly button down towards the floor. Hold for 20 seconds.



Leg raise (strengthening)

Lie face down. Tighten your stomach and buttocks muscles to lift one leg slightly off the floor, while keeping your hips flat on the ground. Hold this position for 5 to 10 seconds and repeat 3 times.



**Quadriceps exercise
(strengthening)**

Pull your toes and ankles towards you, while keeping your leg straight and pushing your knee firmly against the floor. You should feel the tightness in the front of your leg. Hold for five seconds and relax. This exercise can be done from a sitting position as well, if you find this more comfortable.



**Short arc quadriceps exercise
(strengthening)**

Roll up a towel and place it under your knee. Keep the back of your thigh on the towel and straighten your knee to raise your foot off the floor. Hold for 10 seconds, then lower slowly. Your physiotherapist might suggest holding this position for longer, sometimes for up to 45 seconds.