

What should I do if the pain increases with exercise?

- If your pain gets worse, initially reduce your exercises. As your hip starts to feel better you can gradually increase your exercises again.
- If however, your pain increases significantly stop the exercises and consult your GP or physiotherapist before continuing.

General advice

- ESCAPE Pain (Enabling self-management and coping with arthritic pain) is an education and exercise program, proven to help with managing osteoarthritic pain. This program is now available at your local physiotherapy department.
- To access your local physiotherapy service you can speak to your GP or self-refer either by picking up a form at your GP practice or online at:
sussexmskpartnershipcentral.co.uk/Physiotherapy
- Surgery can be helpful with hip arthritis. Evidence suggests that this should only be considered if your quality of life remains significantly affected, despite trying conservative treatment such as those described in this leaflet.

If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فيامكاننا عمل الترتيبات لتوفير مترجم شفوي لك.

এই প্রচারপুস্তিকাটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি

如你唔明白本單張的內容，我們可安排口譯員服務。

如你唔明白本傳單的內容，我們可安排口譯員服務。

اگر مندرجات این جزوه را نمیفهمید، ما می‌توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.

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Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

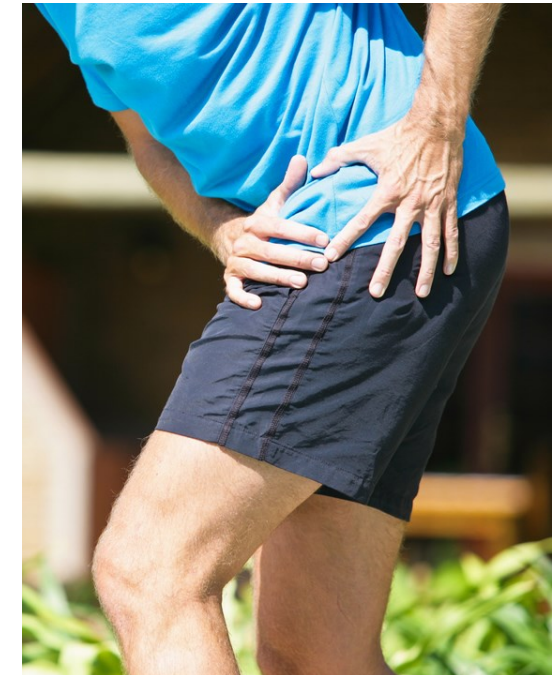
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Osteoarthritis of the Hip

Advice for Patients



What is osteoarthritis?

- Osteoarthritis is a condition that affects the surface of the joint.
- When a joint develops osteoarthritis, the cartilage gradually roughens and becomes thin, and the bone underneath thickens.
- The bone at the edge of the joint grows outwards forming bony spurs. This new bony tissue may be the body's attempt to repair the damage to the cartilage.

What are the symptoms?

- Pain
- Swelling
- Stiffness
- Reduced movement
- Muscle weakness

How common is it?

- More than eight million people in the UK have osteoarthritis.
- Almost one million adults have osteoarthritis of the hip.
- It's impossible to predict how osteoarthritis will develop for any individual. However, for most people, osteoarthritis is a nuisance rather than a major problem.

What treatments can I use?

Painkillers

- If your GP has prescribed painkillers, they should be taken at the recommended dose.

Hot or Cold Packs

- Gentle heat (hot water bottle) can help reduce muscle spasm and pain. A cold pack (ice pack or frozen peas wrapped in a damp towel) can produce short-term pain relief. Use whichever pack you find the most helpful. Apply to the sore area for up to 15 minutes, every two hours.

Weight Reduction

- If you are overweight, try to lose some weight as the extra burden placed on back, hips, and knees can make symptoms worse.
- Even a modest weight loss can make quite a difference.
- For **free** help with weight management contact:
'Why Weight' Midsussex **0300 123 0892**
'BeeZees' Brighton & Hove **01273 294589**

Early movement and exercise

- If possible, exercise regularly. This helps to strengthen the muscles around affected joints, to keep you fit.
- It will also help to maintain a good range of movement.
- Swimming is ideal for most joints, but any exercise is better than none. Many people can manage a regular walk.

Exercises for your hip

1. Pull your toes up towards your head and push your knees firmly into the floor.



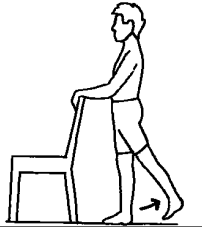
2. Slide your foot up and down the bed, gently moving the knee joint.



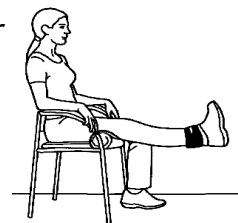
3. Stand holding onto a support. Lift your leg out to the side and slowly lower.



4. Stand holding onto a support. Lift your leg behind you and slowly lower.



5. Sit on a chair with a small cushion under your knee. Pull your toes towards you and straighten your knee slowly.



Exercise Illustrations: ©PhysioTools Ltd

Please Note: These exercises should not increase your pain. Perform each exercise gently and slowly, only moving as far as feels comfortable. Practice each exercise up to 10 times. Do the exercises two or three times per day.