

Osteoarthritis (OA) and your hip

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Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

What is osteoarthritis?

Osteoarthritis (OA) is a common condition that can cause inflammation in your joints. It normally develops slowly over time and can affect both the cartilage and bone. Weight bearing joints such as the hip or knee are commonly affected.

Who can get O.A.?

Anyone can develop OA. It can occur as you get older or in younger people following injury. It is more common in people who are overweight.

What are the symptoms?

A wide range of symptoms can be associated with or attributed to OA. Some of the most common are:

- Pain, often in the groin, buttock or thigh
- Stiffness that is usually worse first thing in the morning, improving with movement
- These can affect your everyday life especially during weight bearing activities for example climbing the stairs or walking.

What is the outlook?

In the majority of people, OA is mild, and does not become worse or make them any less able than would be expected for their age. **The exercises in this leaflet** can also help the condition. For some people symptoms can progress and for a few joint-replacements may eventually have to be considered.

What can I do to help myself?

- **Stay active. Exercise** is proven to be effective in the management of arthritis.
- Gentle exercise such as walking, swimming or cycling should be undertaken **regularly**.
- **Keep moving.** Try and avoid being in one position for long periods of time.
- Heat and cold can give short term relief and allow you to move better, e.g. a hot water bottle or bag of frozen peas wrapped in a wet towel. **Avoid** direct contact with skin to avoid burns.
- In this leaflet you will find specific exercises you can do that have been designed to strengthen and keep your joint mobile.
- **Lose excess weight** and eat a balanced diet.
- **Painkillers** can help to reduce your symptoms and allow you to move more freely. Please discuss this with your GP.
- A walking stick may help with a painful limp (held in the hand opposite the affected hip).

Exercises

Lying on your back.

Bend your leg up as far as you can.

Straighten and repeat 10 times, both legs.



Lying on your back.

Pull your knee onto your stomach helping with your hands. Push your other leg down towards the floor. Hold approximately 30 seconds – relax.

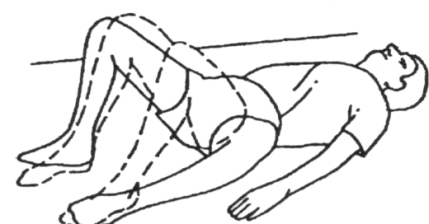
Repeat 10 times, both legs.



Lying with your knees bent, feet flat and hip-width apart.

Slowly lower your right knee out to the side as far as you can, keeping left leg still. Return to start position.

Repeat 10 times, both legs.



Stand straight holding on to a support.

Squeeze your buttocks together. Bring your leg backwards as far as you can whilst keeping your knee straight. Do not lean forwards.

Repeat 10 times both legs.



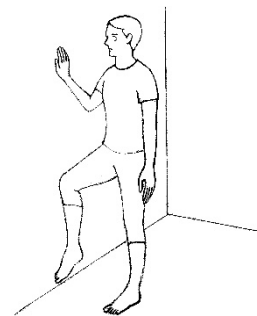
Then, standing in same position. Squeeze your buttocks together and take your leg out to the side. Keep your body upright throughout the exercise.

Repeat 10 times, both legs



Stand facing a wall, on a flat floor using the wall for support. Stand on affected leg, hold for up to 30 seconds. If you feel safe, challenge your balance by taking your hand off the wall.

Repeat 10 times.



Remember

- The exercises should be done gently, slowly and increased gradually. It is normal to feel an ache after you start.
- To get the most benefit keep doing the exercises little and often on a daily basis.
- The exercises in this leaflet, or increasing your general exercise, should not worsen your pain. If they do, check that you are doing them correctly or it may be necessary to reduce the number of repetitions for a while. If your pain continues to worsen, seek further medical advice.
- If you are waiting for joint surgery, doing the exercises beforehand can help to improve your outcome.

Further information

If you have any questions or concerns, please contact the Physiotherapy Department at North Devon District Hospital on 01271 322378.

Useful link

Versus Arthritis – www.versusarthritis.org

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PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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