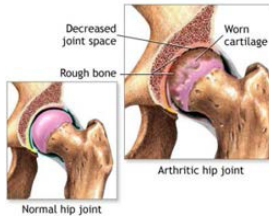


## Osteoarthritis of the Hip



This is a common condition of the hip in the adult population. It is “wear and tear” of cartilage which forms the protective cushion of the hip. Many factors may influence the development of osteoarthritis including age, gender, family history, childhood hip disorders, increased body weight, trauma or repetitive stress on the joint.

Many people have mild grades of arthritis for many years before their symptoms progress and worsen. Once arthritis is established it is an irreversible disease. Symptoms include groin or buttock pain which is worse in the morning, stiffness of the hip, worsening mobility and increased functional disability. The severity of symptoms varies from one individual to another.

Some non-surgical measures used for the treatment of arthritis include rest and activity modification, weight loss, use of walking aids.

Medications such as simple analgesics and anti-inflammatories including paracetamol (Panadol, Panamax, PanadolOsteo), NSAID's (Ibuprofen, Naproxen, Voltaren, Celebrex, Mobic) are used early. Other analgesics with different types and formulations of opioid analgesics can be added later on to gain symptom control. Other measures include injection of corticosteroids into the hip to settle episodes of worsening pain.

Many experimental and alternative therapies such as chondroitin and glucosamine are available with varying degrees of success.

Surgery including osteotomy or joint replacement is reserved for the treatment of disabling joint pain from arthritis unresponsive to other non-operative measures.

If you have symptoms of hip arthritis please discuss your symptoms with your local medical practitioner and if appropriate a referral can be obtained for review by Dr Khatib in one of our clinic locations.