

## Hip Osteoarthritis



Osteoarthritis, or wear and tear of the hip, is something many people fear. There are many things that can cause wear and tear in the hip including:

- previous injury to the hip
- being born with a joint defect, such as a cartilage defect
- putting excessive strain on the hip, including repetitive activities
- being overweight.

### Symptoms of Hip Osteoarthritis

True pain from the hip joint is felt in the groin and can sometimes refer pain down to the inside of the knee. Normally the hip will feel stiff, especially in the morning and can sometimes hurt when walking.

The diagnosis is normally made with the help of a medical history, physical diagnosis and a hip x-ray.

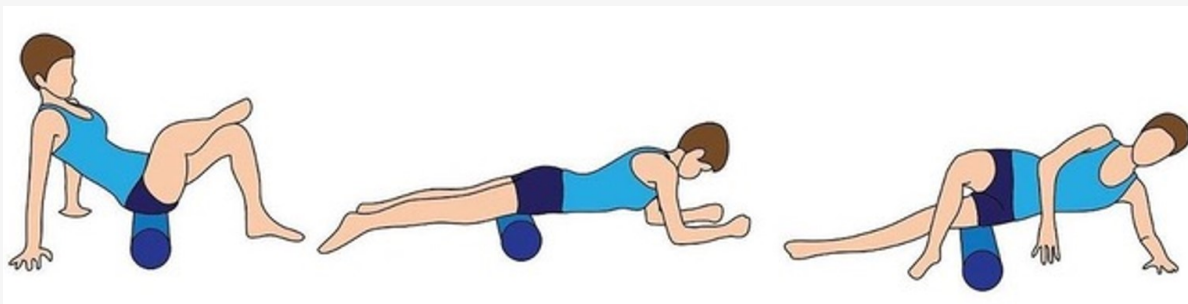
It's important to understand that, although you may have received a hip osteoarthritis diagnosis, it doesn't mean you're going to become crippled - the pain is often from over using the joint.

### Treatment

The goal of any treatment is to improve the mobility of the hip joint, improve the function and manage the pain.

Before trying hip replacement surgery, it's a good idea to see a chiropractor or massage therapist, try exercising and consider losing any excess weight.

A chiropractor can help with correcting any postural faults that put more strain on the hip joint, loosen off the muscles and help with keeping pain levels down.



Foam rolling (above) is a good way to release hip stiffness as a first layer prior to stretching and then strengthening. You can do this yourself at home or at the gym as part of your exercise cool down or self care routine.

### Prevention

The best way to prevent hip osteoarthritis is to do regular exercise and maintain a healthy weight. Exercises like swimming, walking and general low impact strength training, such as yoga and pilates, can be done whether you have hip osteoarthritis or are trying to prevent it.