

HIP OSTEOARTHRITIS

HISTORY

Osteoarthritis results from wear and tear and the gradual loss of cartilage in the hip joint. Females are at higher risk for developing hip OA.

Risk factors for hip OA include:

- Previous hip trauma
- Older Age
- Hip weakness
- Previous work history
- Family history
- Obesity

SIGNS & SYMPTOMS

- Gradual onset of pain in groin/thigh, radiating to glutes or legs
- Stiffness
- Locking of hip movement
- Decreased range of motion
- Decreased walking endurance
- Loss of function

ANATOMY

The hip is a ball and socket joint, which contains articular cartilage between the bones. The hip joint supports the weight of the body/trunk, and allows mobility. Hip OA occurs when there is degeneration of the articular cartilage.



Contact us

Pursuit of Motion Physiotherapy
#202, 13613 163 St. NW
Edmonton, AB T5V 0B5

Phone: 780-448-4991

Fax: 780-448-4985

info@pursuitofmotion.com

www.pursuitofmotion.com



1) Pain Management

To perform **leg pendulums**, stand on a raised surface with one foot, hang the other leg off while supporting yourself with a pole or wall. Gently shift your weight and allow your leg to swing (like a pendulum). Perform 3 times for duration of 30 seconds each leg.



2) Mobility

Improve mobility with **glute bridges**. Laying on your back, bend your knees and place your feet flat on the floor. Place your arms by your side. Engage your core and glutes to lift your hips off the ground until your back, hips and shoulders form a straight line. Hold for a few seconds and then slowly lower down. Repeat this 10 times for 3 sets.



3) Strength

Lay on your side with your knees bent to 45 degrees. Rest your top hand on the floor for balance, and engage your core for stability. Keeping your feet together, slowly lift your top knee. Don't let the hips or back rotate, and your bottom leg stays on the floor. Repeat this 7 times each side, for 3 sets.



4) Functional

Step-ups help to strengthen the muscles of your legs and hips. Using a wall or pole for balance, step up onto a small step while engaging the core and glutes. Repeat this 10 times each leg for 3 sets.

