

Osteoarthritis of the Hip

Information for Patients



This leaflet has been written to give you the right information about Osteoarthritis of the hip and what you can do to help with your recovery.

What is osteoarthritis?

Osteoarthritis is a condition that affects your joints and it is commonly misunderstood. Osteoarthritis describes the adaptive and useful changes in the way your joint looks and works in order for it to cope with the fact that it is getting older. It is not damage and is not dangerous for you or your joints.

What are the common symptoms?

Pain: Osteoarthritis of the hip can be particularly uncomfortable but often changeable. In most cases, it tends to be worse with movement like putting socks on and with prolonged weightbearing (standing/walking).

Stiffness: Stiffness or limited movement is a common symptom with osteoarthritis of the hip. Stiffness is often worse after rest such as first thing in the morning, but eases over time.

Noises: Clicks, pops, clunks and grinds are very normal in all joints, including your hip, and in most cases are nothing to worry about. Noises from your joints are normal, just like rumbles from your tummy are normal and don't mean anything is wrong, it's just another noise the body tends to make.

What can I do to help myself?

Calm it down: Often the best place to start with any painful complaint is to try and calm it down. In a lot of cases there will be things your hip likes to do and some things that it is less happy to do. Calming it down simply means looking at the things it doesn't like and trying to make some adjustments or changes to make it easier for yourself. For example, walking for a long time or crossing your legs may be uncomfortable, therefore taking more breaks whilst on your feet or trying to reduce how often you cross your legs may be useful whilst your hip is unhappy.

Keep your hip moving: Try to move your hip as far as you can comfortably as often as you can. It may feel that moving a sore hip is one of the last things you want to do but it is something that can really help ease the problem over time.

Build it back up again: Movement is medicine for your body and your hip is no different. Calming the issue down (as described above) is often the best place to start and sometimes this might take a few weeks to help. Once your hip feels a little calmer, it is a good idea to start to 'build it back up again'. What this means is that once the hip is able to tolerate some gentle strengthening exercise, then it is worth starting some.

Will it get better?

For most people, hip pain will not be a pleasant experience but reassuringly, it does have the potential to get better. By understanding the issue as best you can and by adjusting what is sore to then allow you to explore some exercise/s, is often the best formula for success.

If you would like to know more about hip pain or find a greater choice of exercises, you can explore our dedicated webpage.

Search online: [Norfolk and Waveney MSK services](#) 'hip osteoarthritis'

Exercises



Standing: Place a chair behind you. Slowly lower your bottom down to the chair, briefly touch your bottom to the chair (do not sit down) and rise up.

Aim to complete 8-12 times for 3 sets. Complete every other day.



Lying on the bed or floor. Lift your bottom off the bed/ floor and slowly lower.

Aim to complete 8-12 times for 3 sets. Complete every other day.



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