

Non-Surgical Hip Treatment

Osteoarthritis (OA) is the most common type of arthritis. It is caused by a wearing away of the cartilage covering the ends of the bone. This can result in the bones rubbing against each other, causing pain, warmth, and swelling. Osteoarthritis is more common as we get older and usually starts in our 50s or 60s. It is also more common in joints that have been injured.

Non-Pharmacological Treatment

- Weight Control**
For every pound of weight loss, the pressure on your joints decreases 3-4 times

- Physiotherapy**
Improve strength and range of motion

- Gait Aids**
Can help relieve pain/provide support
Cane (hold in the opposite hand to the sore joint), two-wheeled walker,

- Heat and Ice**
Helps reduce pain and swelling
Be sure to protect your skin from prolonged exposure to ice and/or heat

- Activity Modification**
Avoid high impact or aggravating activities

Pharmacological Treatment

- Intra-articular Treatment (Injection)**
 - Steroid (cortisone)
 - Visco-supplementation (“Gel”) (Hyaluronic Acid)

- Oral Medications:**
 - Analgesics (e.g. Acetaminophen)
 - Anti-inflammatories (e.g. Ibuprofen)
 - Non-Steroidal anti-inflammatories (e.g. Naproxen)

Speak to your family doctor and/or pharmacist about specific dosing and possible side effects