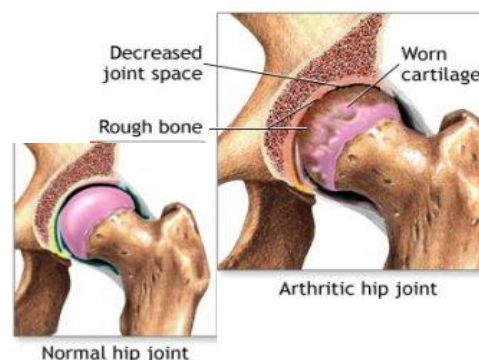


# Hip Osteoarthritis

## What Is Osteoarthritis?

Osteoarthritis is the most common form of arthritis, typically affecting any joint, including the hip. The process occurs as we age, causing changes to the joint surface, through inflammation and breaking down of cartilage. Symptoms of osteoarthritis include pain, stiffness, swelling and a grating/grinding sensation.



## How can I help myself?

- Take pain relief regularly when needed to allow you to move better.
- Pace your daily activities throughout the day.
- Maintain a healthy weight.
- Reduce stress levels through meditation, mindfulness and breathing exercises.
- Get plenty of sleep.
- Exercise regularly
- Use a stick if needed to reduce stress on joints.
- Wear well-fitting shoes with soft thick soles (trainers are ideal especially when exercising)
- Do not smoke

## What medication can be taken to relieve pain?

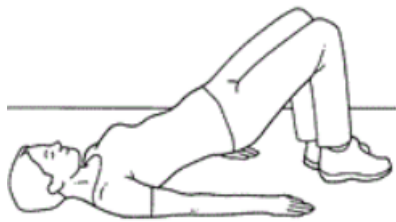
There are a number of tablets and creams that can help relieve pain and symptoms of osteoarthritis. Your pharmacist can recommend and supply to you some tablets and creams without prescription. If pain still persists it may be helpful to speak to your GP who will be able to discuss other options with you.

## Benefits of exercise for osteoarthritis

Exercise helps to reduce pain, ease stiffness, strengthen muscles and improve overall fitness. Improving general fitness alongside strengthening muscles is important in the management of osteoarthritis. Walking, cycling, swimming, low impact fitness classes such as aerobics, t'ai chi, yoga and pilates.

## Exercises

The following exercises should be started gradually and increased in a comfortable manner.



Lie on your back with knees bent and feet flat, slowly lift your pelvis and lower back off the floor. Hold for 5 seconds before relaxing. Repeat the exercise until the muscles tire.



Lie on your side with your legs out straight. Keeping top leg straight lift it up towards the ceiling. Make sure the leg stays in line with your body and toes point forwards. Repeat the exercise until the muscles tire. Complete with both legs.



Sitting with your arms crossed, stand up and then sit down slowly on a chair without using your arms (if possible). Repeat the exercise until the muscles tire. To make the exercise harder use a lower chair.

For further information: <https://www.nhs.uk/conditions/osteoarthritis/>

Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital. Email [ruh-tr.pals@nhs.net](mailto:ruh-tr.pals@nhs.net) or telephone 01225 825656 / 826319.