



University of Rzeszów

Hip Osteoarthritis

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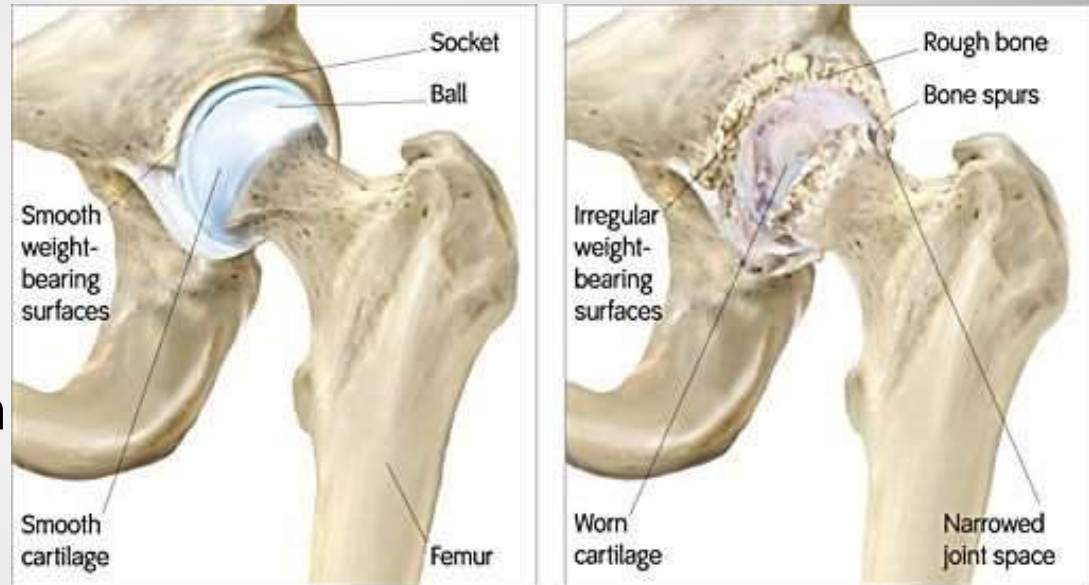
III R Fizjoterapia JMGR stacjonarne
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Definition

Osteoarthritis – a degenerative joint disease which causes gradual damage to the joint. Hip osteoarthritis is typically caused by wear and tear related to aging and worsens over time.

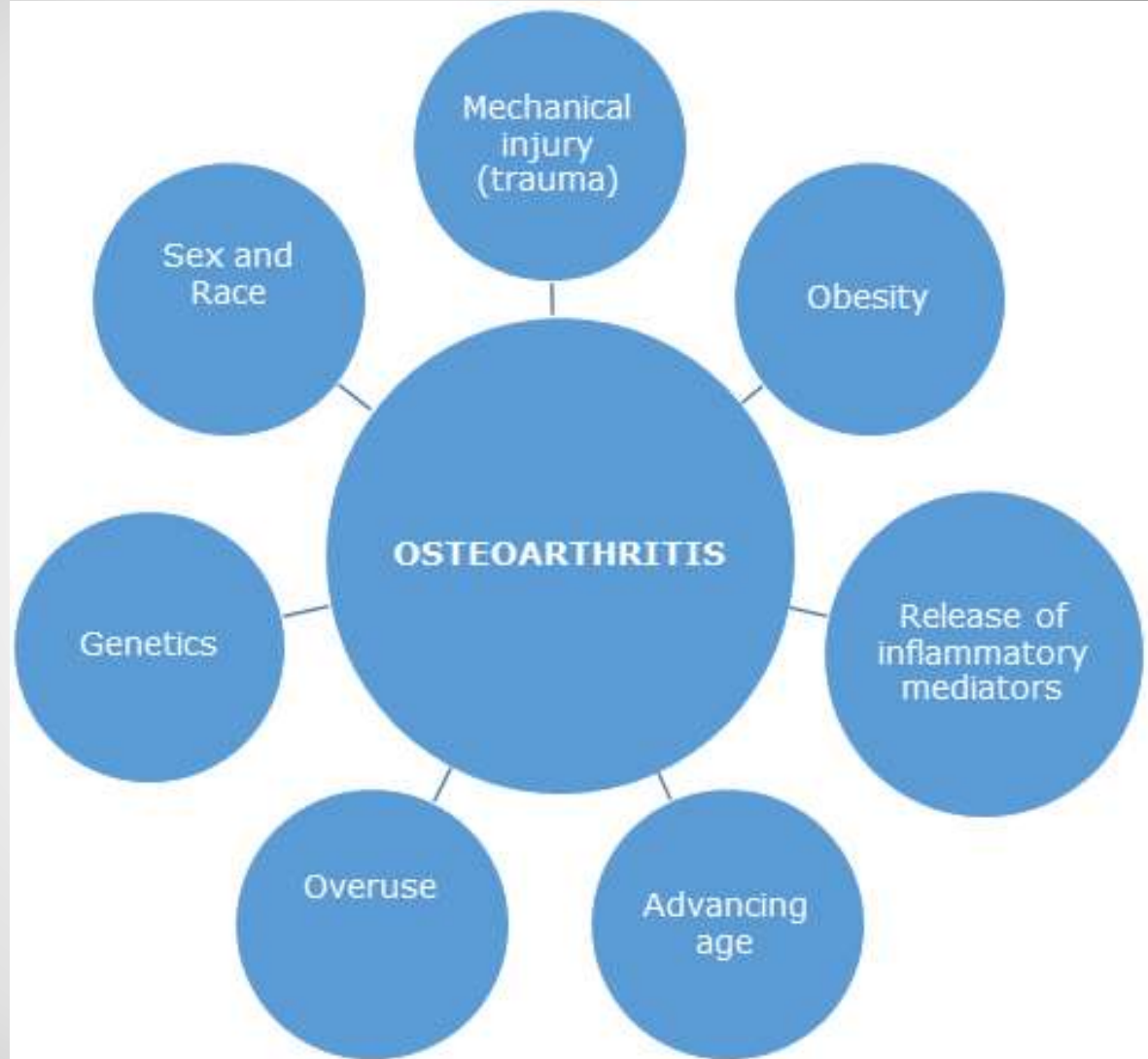
Pathology

Hip osteoarthritis is caused by an imbalance between the destruction and repair of the affected tissues which is the result of a combination of mechanical, inflammatory and metabolic factors.



<https://www.sonoranhipcenter.com/hip-arthritis-sonoran-scottsdale-arizona.html>

Risk factors



Symptoms

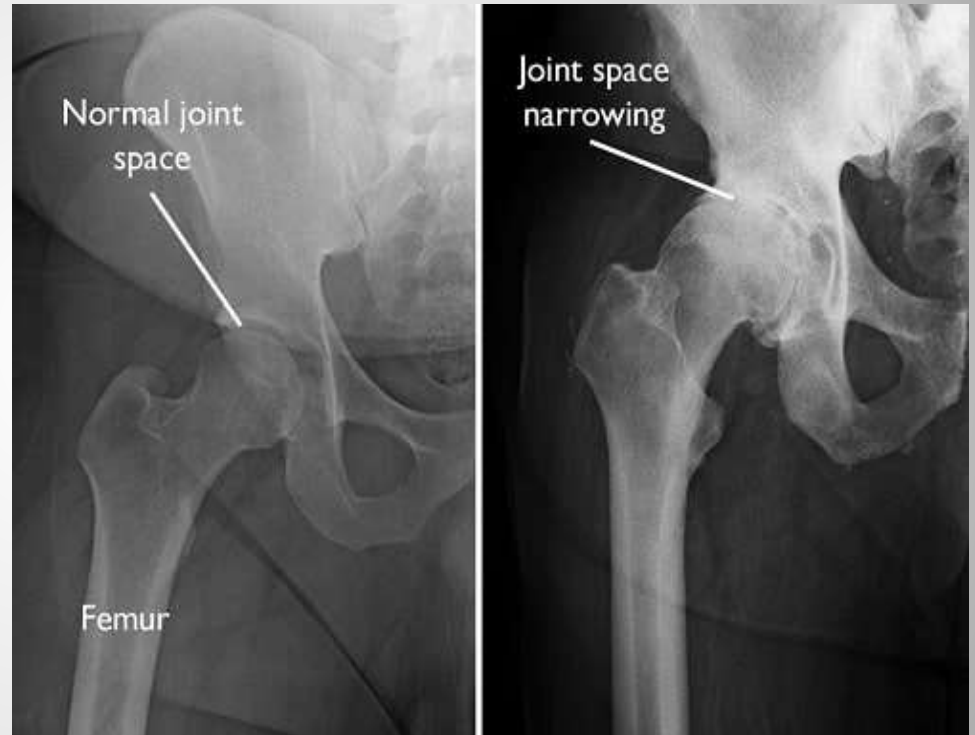
- Pain
- Stiffness
- Tenderness
- Loss of flexibility
- Crepitus
- Swelling



<https://www.rheumatologynetwork.com/view/motion-tests-essential-osteoarthritis-diagnosis>

Examination

- Observation
- Subjective interview
- Physical examination
- Imaging tests



<https://orthoinfo.aaos.org/en/diseases--conditions/osteoarthritis-of-the-hip/>

Treatment

- **Non-surgical Treatment:**

- ❖ Lifestyle modifications
- ❖ Physical therapy
- ❖ Assistive devices
- ❖ Medications

- **Surgical Treatment:**

- ❖ Total hip replacement
- ❖ Hip resurfacing



The major role of Physiotherapy

- **Goals:**

- ❖ Relieve pain
- ❖ Improve strength and standing balance
- ❖ Increase range of motion
- ❖ Restore normal movement
- ❖ Educate the patient on how to deal with the disease
- ❖ Select the appropriate assistive device

Physiotherapy treatment

- **Reduce Pain:**

- ❖ Cryotherapy
- ❖ Hydrotherapy
- ❖ Ultrasound
- ❖ Electrical stimulation
- ❖ Taping
- ❖ Manual therapy techniques
- ❖ Massage



<https://alma-centrum.pl/rehabilitacja/krioterapia-miejscowa/>

- **Improve motion:**

- ❖ Passive exercises
- ❖ Manual therapy techniques
- ❖ Stretching exercises



<https://fizjoplaner.pl/fizjoterapeutyczna-ocena-stawu-biodrowego-czy-masz-problem-z-biodrami.html>

- **Improve strength:**

- ❖ Active exercises without equipment
- ❖ Exercises with cuff weights
- ❖ Exercises with stretchy resistance bands
- ❖ Cardio exercises on the treadmill and stationary bicycles



https://www.physio-pedia.com/Hip_Osteoarthritis



<http://www.mgrmmedicare.com/>

<https://www.fitnessgallery.com/blog/exercise-tips/how-to-improve-your-treadmill-workout/>



- **Improve standing balance:**

- ❖ Balance training – static and dynamic stability postures
- ❖ Exercises with changing in the base of support
- ❖ Exercises with different standing surfaces – balance discs, balance cushions, steppers



<https://piastunzoz.pl/oferta/treningi-indywidualne/>

<https://sen-si.pl/pl/p/Dysk-do-balansowania-i-masazu-60-cm/2203>



<https://www.coca-cola.pl/baw-sie-dobrze/sport/stepper-jak-na-nim-cwiczyc>

Dictionary

- Osteoarthritis – zwyrodnienie stawów
- Wear and tear – zużycie
- Articular cartilage – chrząstka stawowa
- Femoral head – głowa kości udowej
- Acetabulum – panewka stawowa
- Inflammatory mediators – mediatory stanu zapalnego
- Tenderness – tkliwość
- Crepitus – krepitacje, „przeskakiwanie” w stawie
- Assistive devices – urządzenia wspomagające
- Cuff weights – mankiety obciążające
- Resistance bands – gumy oporowe
- Treadmill – bieżnia

References

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