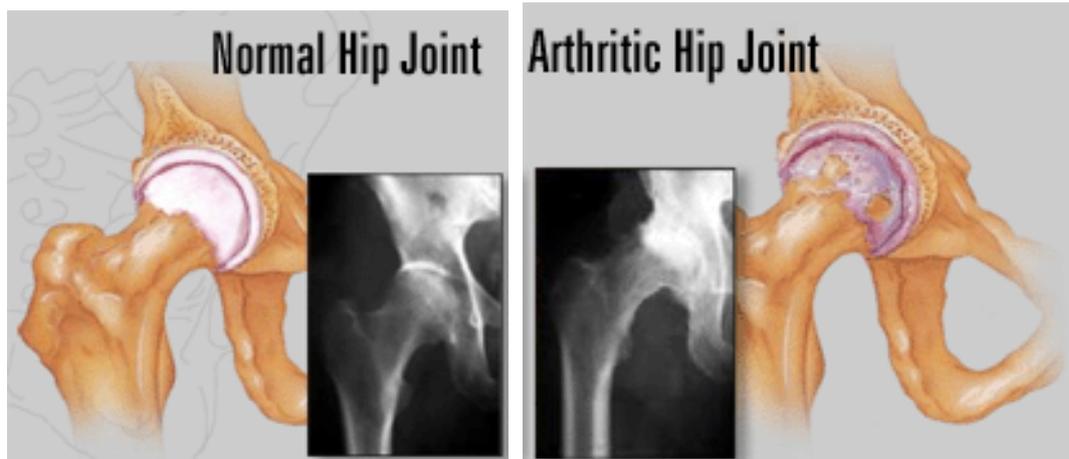


## IV OSTEOARTHRITIS



- Hip arthritis is a common problem, most often due to osteoarthritis.
- In hip arthritis affects a patient, the normal cartilage surface of the joint is worn away.
- In hip arthritis patients may have significant pain and treatment is necessary

### The Hip Joint-Basic Anatomy

- The hip joint is a simple ball and socket joint.
- In the hip joint the cup-shaped acetabulum of the pelvis mates with ball-shaped end of the femur
- In a normal joint these surface are covered in a well lubricated, low-friction layer of cartilage

### Hip Joint Degradation

Osteoarthritis in the hip joint is the wearing of the articular cartilage on the surfaces of the bones that form the hip joint. If this wear is severe enough, hip replacement may be indicated.

### Signs and symptoms

Begins as pain while putting weight on the affected hip

Painful limp [Antalgic]

Hip feels stiff and tight due to a loss in its range of motion.

In later stages, night pain interrupting sleep

Internal rotation is the first movement to disappear and

flexion is the last movement to be affected.



### The Stinchfield test

With the patient in a supine position, a resisted Straight leg raise.

Any hip pathology, pain is elicited with this manoeuvre in the hip area suggest hip joint pathology.

Useful test to know whether problem is in the spine or hip.

## **FABER TEST**

Flexion, abduction and external rotation  
of the hip causes pain

It is positive in case of osteoarthritis of the hip and  
Sacro-iliac problems [when is localized in the SIJ]



X-ray

Shows decrease joint space  
scleroses  
osteophytes  
subchondral cyst

In Rheumatoid and tuberculous arthritis:

No sclerosis, osteopenia, scanty osteophytes



## **Treatment for Arthritis**

Aqua jog.

Anti-inflammatory drugs

Paracetamol

Glucosamine and chondroitin sulphate: not evidence based

A cortisone injection may be prescribed. Multiple injections of cortisone may actually speed up the process of degeneration.

A cane or walker may be needed to ease pressure when walking.

## **Surgical treatment**

Hip replacement surgery is one of the reliable orthopaedic procedures.

THR: Cup [Polyethelene fixed with bone cement or cementless cup]

Stem [ Stainless steel fixed cement] or cementless stem



## **Complications**

Anesthesia complications

Thrombophlebitis

Infection

Dislocation

Loosening

**[Refer under reconstruction]**