



Hip Osteoarthritis

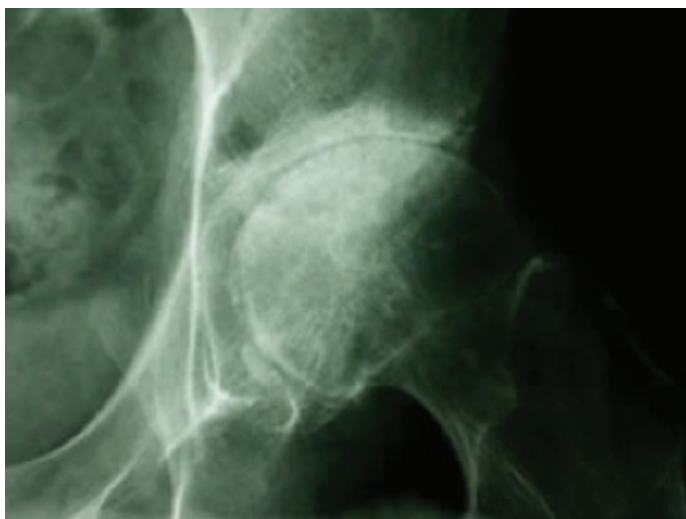
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PROBLEM:

Hip Osteoarthritis (OA) is considered one of the most serious musculoskeletal problems secondary to its impact on patients' pain and disability, as well as, the economic impact on our healthcare system.

20% of the aging population will experience hip OA and the condition is a predictor of current and future functional disability and mortality^{1,2}.

Only 20% of patients with hip OA on x ray testing will end up having a total hip replacement 11-28 years after diagnosis. Quality conservative care is crucial for this population³.



INTERVENTIONS:

Clinical practice guidelines recommend the use of education, weight reduction, gait and balance training, exercise size, and manual therapy in the management of patients with hip OA⁴.

Manual therapy interventions including joint mobilizations/ manipulation reduce pain, improve ROM and reduce disability in patients who do not have severe, end stage hip OA⁴.



EVIDENCE:

81% of patients reported reduced pain, disability, and a high level of perceived recovery following a treatment plan of manual therapy compared to exercise alone⁵.

Pinto et al. reported manual therapy and exercise were more clinically and cost effective than usual care in an evaluation of treatments for patients with hip OA⁸.

Exercise interventions including flexibility/range of motion exercise, strengthening, and aerobic exercise are supported for their impact on reducing pain and disability for patients suffering from hip OA⁴.



REFER:

Clinical clusters of Hip OA include one of the following⁶

1. All 3 findings
 - a. Pain in hip
 - b. <115 degrees hip flexion
 - c. <15 degrees hip internal rotation
2. All 3 findings
 - a. Pain with hip internal rotation
 - b. <60 minutes of morning stiffness
 - c. >50 years of age

Sutlive et al. reported a cluster of findings including the following demonstrated a (+)LR of 24.3 or 5.2 for 4/5 or 3/5 findings respectively⁷.

1. Squatting as aggravating factor
2. (+) active hip flexion causing lateral hip pain
3. (+) scour test causing lateral hip or groin pain
4. Active hip extension causes hip pain
5. Passive internal rotation range of motion <25 degrees

References

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