

Hip pain

Let's talk
about it!

You went to the doctor with hip pain. They have told you that you have osteoarthritis of the hip. So, read this leaflet to find out what you can do. Then talk about it more with your doctor.

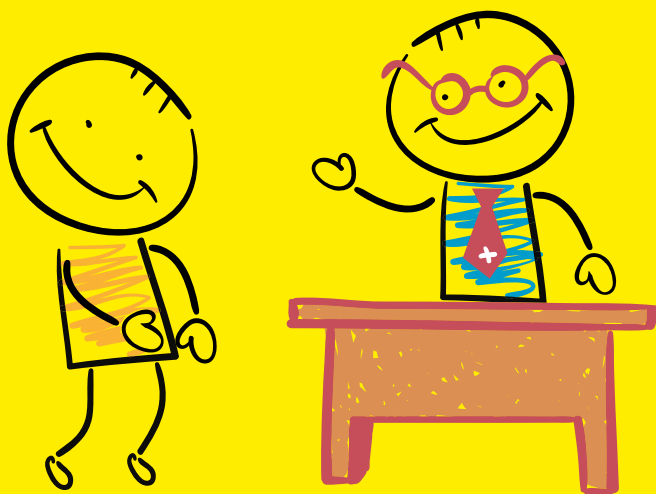
The first steps are to become as fit as possible and get to your ideal weight. Think about trying treatments which do not involve an operation, for example taking painkillers, doing more exercise or having physiotherapy.

Think about what you need, what you enjoy doing and how you live. You can try different treatments and some may help you more than others.

Turn over to find out more.

You can use a **Patient Decision Aid** to work out what's best for you.

Go to: sdm.rightcare.nhs.uk/pda



What to talk about with your doctor

Below are some questions you might want to ask about the different treatments you can try.

Questions	Lifestyle and weight loss	Painkillers
Will I have less pain?	If you lose weight and get more active, it is likely that you will have less pain. It may be uncomfortable at first but if you take painkillers before you exercise then this will help.	Tablets like paracetamol, ibuprofen, and tramadol, as well as steroid injections, will help some people with their pain.
Will I be able to do more?	Yes as you become more active you are likely to have less pain and better movement in your hip.	As you take painkillers you should be able to do more and this can help reduce pain further. It may help to take the painkillers before exercising.
Are there any risks?	Losing weight sensibly and doing more exercise has shown to be safe if you have osteoarthritis of the hip. Try an exercise where you can build up your strength, like walking.	Side effects are rare but as with any medicine there may be some. For example anti-inflammatories like ibuprofen can increase your risk of stomach bleeding. A very small amount of people who have a steroid injection will have joint pain and swelling for a day or so after the injection.
How long will it take until I feel better?	As you do more exercise and lose weight you should start to feel the pain gets much less. If this doesn't happen then it's time to look at other treatments.	You'll probably start feeling less pain within a few days. Or you may require a few weeks or longer before you notice a change in the pain.
What else can I do?	<ul style="list-style-type: none"> • Physiotherapy If you've tried all the above and things don't feel better then talk to your doctor again. You may be able to get some physiotherapy. • Hip replacement operation An operation is usually for people who have tried other treatments first. After the operation, not everyone is satisfied with the change in their ability to do some strenuous activities. As with any operation, three in every 100 people have a serious medical complication afterwards, such as bleeding, blood clot in the legs or lungs, heart attack or death. Rare complications include dislocation of the hip, broken bone and legs of slightly different lengths. Full recovery can take up to one year. To understand a bit more talk to your doctor or there are some great web resources like www.arthritisresearchuk.org or the Patient Decision Aids below. 	

To take a look at the Patient Decision Aids go to sdm.rightcare.nhs.uk/pda