

HIP OSTEOARTHRITIS

WHAT IS IT?

This condition refers to degeneration of the hip joint surfaces and often a loss of space between the hip and pelvic bones.



WHAT DO I LOOK FOR?

- Pain and tenderness to touch in the pubic, groin, inner thigh, buttock or lower abdominal region .
- Reduction in the range of movement in the hip
- Weakness in the surrounding hip muscles.
- Pain with walking and may lead to a limp.
- History of a previous hip injury/pathology

WHAT CAUSES IT?

- General wear and tear to the joint with use over the years
- Previous injury to the hip

WHEN DO I SEE SOMEONE FOR HELP?

Your Practitioner will be able to provide an accurate diagnosis and an appropriate management plan. Often this problem can require a Sports Medicine Doctor, Physiotherapist, and/or Podiatrist to assist.