

A Quick Guide to Hip Osteoarthritis



Osteoarthritis is the commonest form of arthritis and it affects the hip joint the most. Hip osteoarthritis is a condition characterized by the breakdown of cushioned cartilage that protects joints from impacts and ensures smooth movement of the hips. With cartilage breakdown, the friction in the joint increases with movement, and the bones start to rub against each other. This causes pain, swelling, tenderness, and other symptoms. If the condition develops to a severe stage, joint replacement surgery may be required. This involves the use of [Orthopedic Trauma Implants](#), especially hip implants.

In this post, we will have a close look at hip osteoarthritis along with the symptoms and causes associated with the condition.

What is Hip Osteoarthritis?

Hip osteoarthritis is when the cartilage in the hip joint wears gradually because of aging or other causes. Being a gradually progressing condition, the person experiences severe symptoms over time. The breakdown of cartilage tissue in the hip joint starts causing pain, swelling, stiffness, and tenderness in the joint. The worst part about osteoarthritis is that it is irreversible and the treatment provided only aims at relieving the symptoms associated with the condition.

What Causes Hip Osteoarthritis?

No defined cause for hip osteoarthritis has been found yet. Although, certain factors like obesity, increasing age, and previous injury are known to contribute to the development of the condition. Besides this, genetic factors like cartilage defects may also cause hip osteoarthritis.

Above all, people who do not have properly formed hip joints are also prone to hip osteoarthritis. Sports and other activities that repeatedly put stress on the joint over time also increase the risk for osteoarthritis.

What Are the Symptoms of Hip Osteoarthritis?

The common signs and symptoms associated with the condition include:

- Pain, swelling, and tenderness in the hip joint

- Stiffness in the morning after coming out of bed and after sitting for a long time

- Sound of rubbing of the bone against each other while moving

- Inability to perform routine activities that involve the use of the hip joint

How Hip Osteoarthritis is Diagnosed?

The diagnosis of the condition starts with a physical examination where the healthcare service provider will look for swelling, tenderness, and stiffness in the joint. Besides this, the doctor will also ask for previous injuries and assess the movements that cause pain. Detailed images of the affected hip joint will be received with an X-ray. This will help identify the severity of the condition along with the extent of the damage. If required, the healthcare service provider will also order MRI or CT scan.

How Hip Osteoarthritis is Treated?

There is no treatment for the condition. All the efforts made are to improve symptoms and the quality of life. The severity of osteoarthritis will decide the type of treatment required. In the early stages of osteoarthritis, the doctor will suggest rest and immobilization of the joint along with medication. If the damage to the ball or the socket is severe, hip replacement or hip resurfacing surgery will be recommended.

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