Hip Osteoarthritis Cheat Sheet

by Siffi (Siffi) via cheatography.com/122609/cs/26210/

Pathophysiology

- Repetitive microtrauma irritates the cartilage
- Immune response causes swelling and softening
- Surface damage occurs
- Subchondral cysts, joint space narrowing, sclerosis , deformity and osteophytes in chronic cases

Causes

- Age
- Repetitive trauma (prolonged standing/sitting), heavy physical exertion)
- FAI
- Obesity
- Male gender
- Congenital defects

Presentation

- Prolonged stiffness upon arising (<60 mins) and inactivity
- Inability to put their socks on, shave their legs, climb stairs
- Groin, anterior thigh and buttock pain
- C Sign (Index finger over anterior aspect of hip, near ASIS and thumb over posterior trochanteric region when they point to their area of pain
- Pain below the knee can indicate saphenous nerve involvement
- Pain gradually progressive from dull to sharp and increases with weight bearing
- Crepitus can be present
- TTP over GT
- ROM Diminished in capsular pattern (PROM >15 degrees in internal rot, >155 in hip flexion)
- AROM flexion and extension painful
- Tight ilipsoas, adductors, QL, TFL, piriformis
- Weak gluts, Quads, external rotators of the hip
- +ve Trendeleburg, FABRE, Quadrant, FAIR, Thomas

- WOMAC
-HHS
-HOOS for symptoms and disability

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Imaging

- **Standard for Hip OA:**

if >65 years old

Severe pain

Hx of trauma

Osteoporosis

Cancer

Corticosteroid use

Alcohol abuse (AVN)

Asphericity of the femoral head on x-ray = AVN **MRI NEEDED**

Any red flags

Blood tests (ESR, FBC, CRP, RF, ANA, WBCC) for infection/inflammatory arthropathy

Management

- EMT of the hip
- SMT/EMT of Lx, SI, LL
- Swimming, cycling, walking on safe and flat surfaces
- Stretching of psoas, adductors, quads, TFL and piriformis
- Strengthening of gluts, quads, ext rots of the hip, hup adductors, hip flexors and core muscles
- Lifestyle recommendations - avoid aggravating activities (require internal rotation) , overweight patients weight reduction program
- Temporary cane in opposite hand
- NSAIDs/1500mg of glucosamine and chondroitin

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