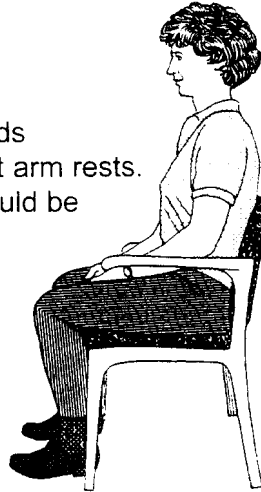


- Avoid sitting for prolonged periods and avoid sitting in a low chair without arm rests. When sitting your hips and knees should be at right angles:



Useful tips

- Try to keep active by remembering "little and often".
- If you are overweight it helps your joint if you can lose weight.

If your symptoms persist or worsen you should return to your GP.

You may require a referral to physiotherapy to identify the correct management for your condition.

**Produced in association with
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REF: SG0015

A stylized graphic of a hip joint. It consists of several overlapping, thick black outlines representing the femur (thigh bone) and the acetabulum (hip socket). A rounded rectangular box is superimposed over the joint, containing the text "Osteoarthritis of the hip".

**Osteoarthritis
of the hip**

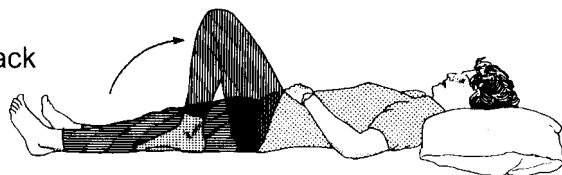
Osteoarthritis of the hip

Osteoarthritis of the hip may cause the following symptoms:

- Pain in the groin, thigh or buttock.
- Stiffness.
- Weakness.
- Difficulty walking or getting in and out of a chair or bed.

It is important to try and maintain joint flexibility and muscle strength. Once or twice a day for five minutes, lie on your front, if you can comfortably do so, as this helps to stretch the front of your hip. These exercises done twice a day may help you:

- Lie on your back and bend your leg towards you. Repeat 10 times

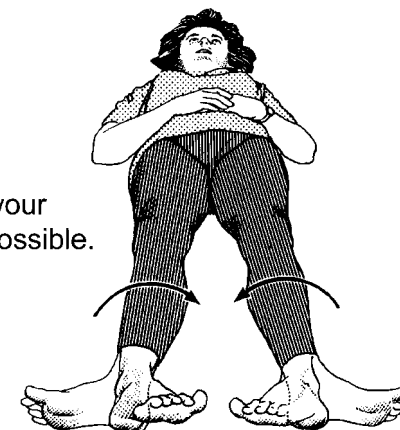


- Lie on your back and slide your leg out to the side as far as pain allows. Repeat 10 times.



1

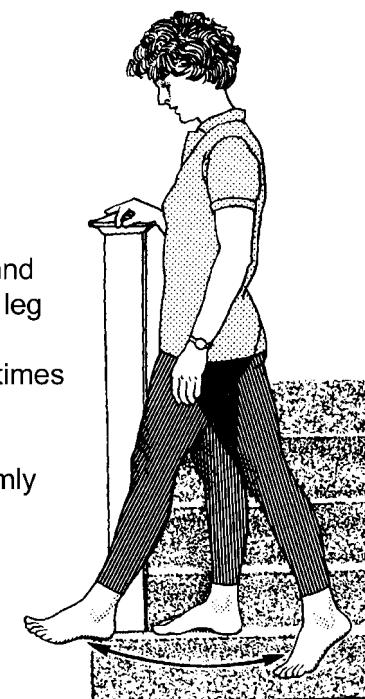
- Lie on your back and roll your whole leg in and out as far as possible. Repeat 10 times.



To minimise pain it may help to use a walking stick and to avoid standing for prolonged periods. Preferably hold the stick in the opposite hand to your painful hip.

To reduce pain it may help to stand sideways on a step on your good leg and gently swing the painful leg forwards and backwards several times over the edge of the step.

Take care to hold the bannister firmly to help you balance.



2