

# HIP OSTEOARTHRITIS



## DID YOU KNOW?

Osteoarthritis is the most common form of arthritis, affecting more than 3 million Canadians, which represents 1 in 10 adults. Arthritis costs the Canadian economy an estimated \$33 billion per year in health care and loss productivity. Even more concerning, this number is expected to more than double by 2031, increasing to \$67 billion.

## PHYSIOTHERAPY CAN HELP!

The physiotherapists at Willow Health Centre are dedicated in providing **Evidence-Based** care in order to:

- Reduce pain
- Improve leg, hip and back motion
- Improve strength, standing balance and walking ability
- Speed healing and return to

## HIP INVOLVEMENT

Hip osteoarthritis is one of the most common forms of osteoarthritis diagnosed in Canadians. Of those diagnosed, 12% experience hip pain and 29% experience hip and knee pain.

## WHY IS OSTEOARTHRITIS TREATMENT SO IMPORTANT?

Osteoarthritis is a progressive disease that tends to worsen over time. But, the right treatment can slow progression and keep joints as healthy as possible for as long as possible.



The physiotherapists at Willow Health Centre empower patients through education and early active return to function.

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## BEST PRACTICE EVIDENCE

- Physiotherapy prior to total hip replacement surgery in patients with hip osteoarthritis significantly improves pain, daily functioning, vitality, psychological health, social life and active and passive internal rotation.<sup>1</sup>
- Exercise therapy and education reduce the need for total hip replacement by 44% in patients with hip osteoarthritis.<sup>2</sup>
- Exercise therapy is effective for patients with hip osteoarthritis in improving self-reported function, hip ROM, and patient-perceived improvement.<sup>3</sup>
- Aerobic conditioning exercise is effective for patients with hip osteoarthritis in improving aerobic capacity and self-reported physical activity, anxiety and depression.<sup>4</sup>
- A Cochrane systematic review shows that land-based therapeutic exercise programs are effective for patients with symptomatic hip osteoarthritis in reducing pain and improving physical function.<sup>5</sup>
- Aerobic, aquatic and/or resistance exercises are strongly recommended in the management of hip osteoarthritis.<sup>6</sup>

Consider referring to Willow Health Centre when patients present with hip osteoarthritis! We are dedicated in providing **Evidence-Based** care, using the best of the best rehabilitation techniques to ensure patients meet their goals for a pain free and active lifestyle.

## REFERENCES

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