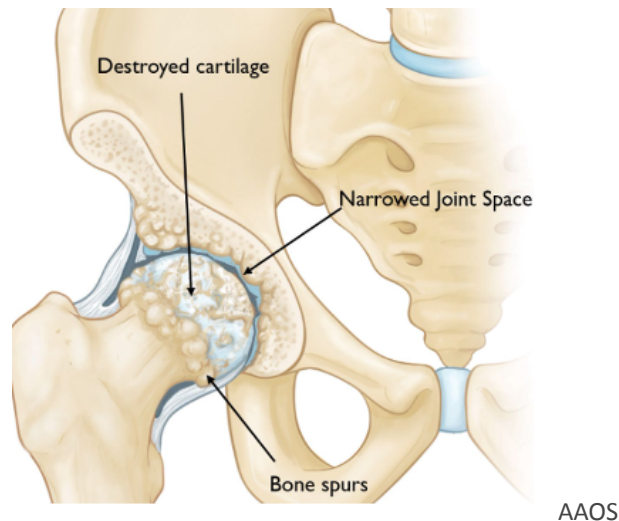


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Hip Arthritis

What is arthritis? Arthritis involves loss of the smooth lining covering the ends of bones in a joint called cartilage. In osteoarthritis, the cartilage becomes damaged and worn out, causing pain, swelling, stiffness, and restricted movement in the affected joint.



What are the symptoms? Pain from hip arthritis is primarily localized in the groin but can also be felt in the buttock or thigh. As the arthritis worsens, bone spurs may form which limits hip range of motion and causes stiffness.

What are the treatment options? There is no cure for arthritis, and it tends to progress as we get older. Non-surgical treatment for hip arthritis includes weight loss, exercise, physical therapy, use of a cane, and anti-inflammatory medications or creams. Surgery for hip arthritis is a total hip replacement.

When should I get a hip replacement? If you are considered a candidate for a hip knee replacement, the decision to proceed with surgery is up to you depending on your symptoms. Nighttime pain, difficulty sleeping, inability to do activities, and unpredictability of the joint are important factors to consider. The goal of surgery is to improve your pain and quality of life.

For more information visit:

orthoinfo.aaos.org/en/diseases--conditions/osteoarthritis-of-the-hip
johnbonanomd.com/hiparthritis