

## Hip Pain – Talking about your care options!

You went to the doctor with hip pain. They have told you that you have osteoarthritis of the hip. So, read this leaflet to find out what you can do.

The first steps are to become as fit as possible and get to our ideal weight. Think about trying treatments which do not involve an operation, for example taking painkillers, doing more exercise or having physiotherapy.

Think about what you need, what you enjoy doing and how you live. You can try different treatments and some may help you more than others.

### Below are some questions you might want to ask about the different treatments

Questions	Lifestyle and weight loss	Painkillers
Will I have less pain?	If you lose weight and get more active, it is likely that you will have less pain. It may be uncomfortable at first but if you take the painkillers before you exercise then this will help.	Tablets like paracetamol, ibuprofen, and tramadol, as well as steroid injections, will help some people with their pain.
Will I be able to do more?	Yes as you become more active you are likely to have less pain and better movement in your hip.	As you take painkillers you should be able to do more and this can help reduce pain further. It may help to take the painkillers before exercising.
Are there any risks?	Losing weight sensibly and doing more exercise has shown to be safe if you have osteoarthritis of the hip.  Try an exercise where you can build up your strength, like walking.	Side effects are rare but as with any medicine there may be some. For example anti-inflammatories like ibuprofen can increase your risk of stomach bleeding. A very small amount of people who have a steroid injection will have joint pain and swelling for a day or so after the injection.
How long will it take until I feel better?	As you do more exercise and lose weight you should start to feel the pain gets much less. If this doesn't happen then it's time to look at other treatments.	You'll probably start feeling less pain within a few days. Or you may require a few weeks or longer before you notice a change in the pain.
What else can I do?	<ul style="list-style-type: none"> <li>• <b>Physiotherapy</b> If you've tried all the above and things don't feel better then talk to your doctor again. You may be able to get some physiotherapy.</li> <li>• <b>Hip replacement operation</b> <b>An operation is usually for people who have tried other treatments first.</b> After the operation, not everyone is satisfied with the change in their ability to do some strenuous activities. As with any operation, three in every 100 people have a serious medical complication afterwards, such as bleeding, blood clot in the legs or lungs, heart attack or death. Rare complications include dislocation of the hip, broken bone and legs of slightly different lengths. Full recovery can take up to one year. To understand a bit more talk to your doctor or there are some great web resources like <a href="http://www.arthritisresearchuk.org">www.arthritisresearchuk.org</a> or the Patient Decision Aids below.</li> </ul>	

Once you have made your decision please complete the below form and return to your GP Practice.



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Name:

Date of Birth:

Doctor:

Date completed:

Do you feel SURE about the choice for you? **Yes / No**

Do you know the benefits and risks of each option? **Yes/ No**

Are you clear about which benefits and risks matter most to you? **Yes / No**

Do you have enough support and advice to make a choice? **Yes / No**

Which options have you chosen? **Lifestyle Changes / Painkillers / Physiotherapy / Wait and See / Surgery**

How satisfied are you with this decision? **1 2 3 4 5 6 7 8 9 10**

