

Hip arthritis

A Patient Case Example



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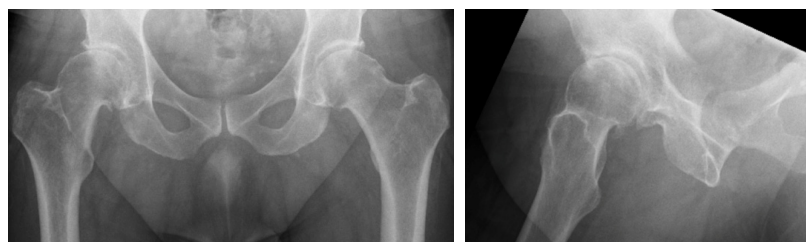
by Dr Elango Selvarajah

Living with hip pain

A man in his 60s who worked as a builder sought advice after living with ongoing pain in his right hip. He described discomfort in the groin and outer hip, sometimes extending into the thigh.

Over time, the pain became more noticeable and began to affect his daily life. Activities such as walking, climbing and even sleeping became increasingly difficult, and stiffness in the joint made simple tasks, like putting on socks or caring for his feet, more challenging.

An X-ray showed signs of hip osteoarthritis, a common condition where the joint gradually wears over time.



Taking the next step

Like many people with hip arthritis, he first explored non-surgical options, including medication and an injection to help manage pain. While these can be helpful for some, his symptoms continued to impact his quality of life.

After discussion with an orthopaedic surgeon, he was assessed to see whether surgery might be an appropriate option for him.

Exploring treatment options

Hip replacement surgery was considered as part of his care plan. For this patient, a direct anterior (front) approach was discussed. This is one of several techniques used in hip replacement surgery and may be recommended based on a person's individual needs, lifestyle and overall health.

This approach is designed to access the hip joint while working between muscles rather than detaching them.

Moving forward

The patient proceeded with hip replacement surgery.

With appropriate recovery support and rehabilitation, he experienced a meaningful improvement in his symptoms and was able to return to many of his usual activities over time, including work.

Recovery experiences can differ from person to person, but many patients notice improved comfort and mobility following treatment.



Understanding hip osteoarthritis

Hip osteoarthritis is a common condition, particularly in people over 60. It can cause:

- Pain in the hip, groin or thigh
- Stiffness and reduced movement
- Difficulty with walking or everyday tasks

Symptoms often develop gradually and can vary in severity.

Treatment options

Care is tailored to each individual and may include a combination of approaches.

Non-surgical options

- Physiotherapy and exercise programs
- Pain relief medications
- Activity modification
- Weight management where appropriate
- Walking aids
- Injections for temporary symptom relief

Surgical options

- Hip replacement surgery may be considered when symptoms continue to affect quality of life despite other treatments

A specialist can guide you through the options and help determine what is most appropriate for your circumstances.

Next steps

If you are experiencing ongoing hip pain or stiffness, you're not alone—support and treatment options are available.

Speaking with your GP or a specialist can help you better understand your condition and the range of management options that may be suitable for you.

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