

Hip Arthritis

Explanation of Diagnosis

Hip arthritis occurs when the **cartilage in the hip joint wears down**, leading to **pain, stiffness, swelling, and reduced range of motion**. It is commonly caused by **aging, previous injuries, obesity, genetics, or repetitive stress on the joint**. Symptoms may include **hip pain (especially in the groin or outer thigh), stiffness in the morning or after sitting, difficulty walking, and joint clicking or grinding (crepitus)**.

Specific Work Modifications

- **Avoid prolonged standing or walking**; take sitting breaks when possible.
- **Use an ergonomic chair with lumbar and hip support** to reduce strain.
- **Avoid deep squatting, heavy lifting, or repetitive bending**.
- **Use anti-fatigue mats** if standing for long periods.
- **Modify tasks** to limit excessive hip rotation or weight-bearing stress.

Specific Activity Modifications

- **Avoid high-impact activities** like running, jumping, or deep squats.
- **Modify workouts** by switching to **low-impact exercises** like swimming, cycling, or water aerobics.
- **Use proper warm-ups and stretching** before and after activities.
- **Wear supportive footwear and use walking aids (if needed) to reduce hip strain**.

Recommended Supplements

- **Glucosamine & Chondroitin (1500 mg/1200 mg daily)** - Supports joint cartilage.
- **Collagen peptides (10 g daily)** - Helps maintain joint and ligament health.
- **Vitamin D3 (1000-2000 IU daily)** - Supports bone and joint health.
- **Omega-3 fatty acids (1000 mg daily)** - Reduces joint inflammation.
- **Turmeric (500 mg twice daily)** - Provides natural anti-inflammatory benefits.

Recommended Nutrition and Hydration

Diet Recommendations:

- **Joint-supporting foods**: Bone broth, citrus fruits, bell peppers, and nuts.
- **Anti-inflammatory foods**: Fatty fish (salmon, sardines), turmeric, berries, and walnuts.

- **Protein-rich foods:** Chicken, eggs, lentils, and dairy to support tissue repair.
- **Limit processed foods, refined sugars, and excess alcohol,** which can worsen inflammation.

Hydration Tips:

- **Drink at least 2-3 liters of water daily** to maintain joint lubrication.
- **Limit caffeine and alcohol,** which can dehydrate tissues and slow recovery.

Home Exercise Prescription

Perform **2-3 times daily** to improve hip strength and flexibility while reducing stiffness and pain:

Phase 1: Pain Relief & Mobility (Days 1-7, Reduce Stiffness & Improve Range of Motion)

1. Seated Hip Flexor Stretch

- Sit in a chair, bring one knee toward your chest, and hold.
- **Hold for 20-30 seconds, repeat 3 times per side.**

2. Pelvic Tilts

- Lie on your back with knees bent, tighten your core, and flatten your lower back.
- **10 reps, 2 times daily.**

3. Hip Circles (Gentle Mobility)

- While seated or standing, slowly move your hip in circular motions.
- **10 reps per direction, 2 times daily.**

Phase 2: Strengthening & Stability (Weeks 1-4, Build Hip Support & Reduce Strain on Joint)

4. Clamshells (Hip Abductor Strengthening)

- Lie on your side with knees bent, open knees like a clamshell.
- **10 reps per side, 2 times daily.**

5. Glute Bridges (Hip & Core Strengthening)

- Lie on your back, bend knees, and lift hips while squeezing the glutes.
- **10 reps, 2 times daily.**

6. Leg Raises (Hip Flexor Strengthening)

- Lie on your back and slowly lift one leg at a time.
- **10 reps per leg, 2 times daily.**

Phase 3: Balance & Return to Activity (Weeks 4+, If Pain Improves)

7. **Standing Hip Abduction**

- Stand tall and lift one leg sideways.
- **10 reps per leg, 2 times daily.**

8. **Heel-to-Toe Walk (Tightrope Walking for Stability)**

- Walk in a straight line, placing one foot directly in front of the other.
- **20 steps, 2 times daily.**

⚠ **Avoid running, jumping, deep squats, and excessive hip twisting until symptoms improve (typically 4-6 weeks).**

Helpful Books

1. *"The Arthritis Step-by-Step Strategy"* - Shelly Manning
2. *"The Hip Pain Handbook: A Guide to Preventing and Treating Hip Injuries"* - Nicolas Piuze, MD

Click here for more orthopedic patient information.

Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.