3 Hip mobilising – forwards.
Lying on your back, bend and straighten your leg from your hip.
Repeat 5 times, 3 times a day

4 Hip mobilising – rotation.
Lie with your knees bent and feet on the floor hip width apart. Turn the soles of your feet to face each other and allow your knees to fall outwards. Feel the stretch in your groin. Keep your back flat on the floor during the exercise.
Repeat 5 times, 3 times a day.

Summary
- Hip pain is very common
- Keep active, but be prepared to modify activities if needed
- Lose weight - if over weight
- Wear shoes with cushion soles
- Stay at work, even if on reduced hours or lighter duties
- Try to continue to lead a normal life – normal movements will not harm your hip
- Gradually increase your activity level
- Gradually return to hobbies
- Exercises are only beneficial if performed regularly
- Take medication regularly for optimum benefit.
- Use hot / cold packs to help with pain relief

Self Management Of Osteoarthritis of the Hip
Osteoarthritis (wear and tear) of the hip joint is common. It can lead to pain, weakness and stiffness.
Flare ups are common, but should settle more quickly if you follow these self help measures.
Osteoarthritis of the hip affects men as much as women and often starts in the 40s, 50s, and 60s. It may affect one or both hips. Pain is usually felt in the front of the groin, but may extend to the side and front of the thigh. With severe arthritis, the affected leg may get a little shorter due to the bone on either side of the joint being "crunched up". The amount of hip movement is often reduced with arthritis, but can often be increased with regular gentle stretching exercise.

Medication

Your pharmacist or GP will advise you regarding medication. In general terms, it is recommended that you use pain relief medication to control the pain and allow you to remain as active as possible. Take medication regularly so that the pain does not build up. If you are unsure, seek advice from your pharmacist or GP.

- If the medication causes indigestion or you suffer with asthma or stomach ulcers, seek your pharmacist or GP’s advice.

Rest or Exercise?

It is better to keep as active as possible, but you may need to modify your activities when the pain is bad.

Exercise will:
- Maintain strength and give support to joints.
- Reduce stiffness
- Promote fitness and weight loss

Rest may be necessary if:
- Pain is severe

In general, exercise regularly, little and often. When you have pain, you can help your hip by:

- Following guidance on rest / exercise
- Reduce weight-bearing activities (prolonged standing, excessive walking or jarring activities)
- Reduce weight – if overweight
- Wear appropriate footwear, low heels and cushioned soles.

Normal Activities

- Continue normal activities around the house and at work, as pain allows.
- Stay at work even on reduced hours or by modifying your duties.
- If you are off work, return to work as soon as possible.

Hot / Cold

Both heat and cold can be used to help relieve hip pain. Generally, ice is better if the pain is severe.

- Apply crushed ice or frozen peas wrapped in a damp towel for 20 minutes. Once or twice a day is probably sufficient.
- Alternatively, heat in some form may help. Try a wheat bag, hot water bottle, shower, or bath for no longer than 20 minutes.

Take care with both, as there are risks of burning if used for longer than suggested.

Exercises

Exercise on a regular basis will help to increase movement, improve strength and control pain.

1 Hip mobilising – to the side
Stand straight holding on to a support, keeping hips facing forwards. Lift your leg sideways and bring it back, keeping your trunk straight throughout the exercise.
Repeat 5 times, 3 times a day.

2 Hip mobilising – backwards.
Stand straight holding on to a support. Swing your leg backwards keeping your knee straight. Do not lean forwards.
Repeat 5 times, 3 times a day.