



HIP ARTHRITIS

Patient Decision Guide



**SUMMIT
ORTHOPEDICS**

ABOUT HIP ARTHRITIS

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The hip is composed of two bones (femur and pelvis) that form a ball-and-socket joint. This configuration allows range of motion necessary for movement and supports the weight of the body. The femoral head forms the ball portion of the joint while the acetabulum forms the socket. The area where these two bones touch is coated in articular cartilage. This type of cartilage allows the bones to glide smoothly over each other. In an osteoarthritic joint, cartilage degenerates, resulting in painful bone-on-bone rubbing, further deterioration of the joint, and bone spurs.

WHAT CAUSES HIP ARTHRITIS?

Factors that may contribute to hip arthritis include joint injury, increasing age, and being overweight. Other causes of osteoarthritis may include:

- » Improperly formed joints
- » Genetic (inherited) defects in the cartilage
- » Excessive weight or strenuous repetitive activities

WHAT ARE THE COMMON SYMPTOMS OF HIP ARTHRITIS?

Patients with osteoarthritis typically go through a progression of symptoms. Initially, the hip may be stiff and painful with certain movements. The pain is most commonly in the groin. This is often most noticeable in the morning, during activity or after sitting for an extended period of time. Eventually, inflammation and painful grinding develops and the hip may become so uncomfortable that it wakes you up at night.

HOW IS HIP ARTHRITIS DIAGNOSED?

A thorough physical exam and X-rays are crucial to diagnosing hip arthritis. X-rays allow your physician to see the bony anatomy of the hip and to determine the extent of the joint damage. In conjunction with your physical exam, a clear picture of the extent of your hip osteoarthritis emerges.

NONSURGICAL TREATMENT OPTIONS

The severity of your osteoarthritis will determine the most appropriate course of action. In order to compare and determine the best treatment for you, here is a summary of the possible next steps.

NO INTERVENTION

Untreated with no activity or lifestyle modifications, hip arthritis will progress as the hip joint continues to degenerate. Pain and stiffness will increase over time, although the rate of ongoing degeneration will vary by patient based on other health-related indicators.

ACTIVITY MODIFICATION

Patients with arthritis typically have to undergo some lifestyle modifications. If specific activities make your symptoms worse, then avoiding those activities can provide relief. Low-impact exercise such as cycling, elliptical, swimming, and light strength training are the best options.

ADVANTAGES

- + no surgical risks
- + low to no cost
- + minimal time investment in recovery

DISADVANTAGES

- may require avoiding quality of life-enhancing activities
- not a viable option for those with advanced arthritis and existing mobility limitations

ANTI-INFLAMMATORY MEDICATION

Oral anti-inflammatories may be effective at decreasing inflammation due to injury. But some people suffer from side effects while taking them. If you experience anything unusual when taking these medications, contact your physician immediately to determine if continued use is appropriate.

ADVANTAGES

- + no surgical risks
- + low to no cost
- + minimal time investment in recovery

DISADVANTAGES

- as with any medication, some side effects may occur
- may not be an option for those with some existing conditions

STEROID INJECTIONS

A steroid injection allows your physician to place anti-inflammatory medication directly inside the joint. This can result in dramatic and potentially long-term relief of pain and swelling. In order to ensure that the medication is placed directly into the joint, your physician may recommend the injection be done under X-ray or ultrasound. Your physician's patient coordinator can help you find a provider and schedule the injection.

ADVANTAGES

- + cost-effective
- + nonsurgical option
- + no rehab and short recovery period

DISADVANTAGES AND SIDE EFFECTS

- potential increase in blood glucose in diabetic patients
- infection (rare)
- potential progression of arthritis
- short-term relief

PHYSICAL THERAPY

Your physician may prescribe several sessions with a physical therapist to increase your range of motion and strength, and to decrease your pain. After several visits, your therapist may recommend a home exercise program to help maintain any gains you have achieved during therapy.

ADVANTAGES

- + potential increase in range of motion, strength, and mobility
- + nonsurgical option

DISADVANTAGES AND SIDE EFFECTS

- time commitment
- can sometimes cause increase in pain

SURGICAL TREATMENT OPTIONS

Finally, in the case of severe arthritis, a total hip replacement procedure may be the best treatment option.

JOINT REPLACEMENT

In severe cases of arthritis, your physician may recommend a hip replacement. In this procedure, diseased and damaged cartilage and bone are removed and replaced with artificial components. The techniques and prosthetics used in this surgery have made significant advances over the past decade. Patients who undergo a total joint replacement are getting more use out of their new joint than ever before.

ADVANTAGES

- + improved pain, mobility, and function
- + return to quality of life-improving activities
- + return to healthier, more active lifestyle

DISADVANTAGES AND SIDE EFFECTS

- cost
- recovery time for patient and caregivers
- standard surgical and anesthesia risks
- specialized surgical risks (impact of falls on implant, dislocation, or a need for revision)
- long-term activity modifications/ROM

HIP REPLACEMENT SURGERY PATIENT RESULTS

| OUTCOMES AFTER SURGERY | NUMBER OF PEOPLE |
|------------------------------------------------------------------------|--------------------------|
| All or almost all pain goes away within 2 years after surgery | 90 out of 100* |
| Need for repeat surgery within 10 years | 5 to 12 out of 100* |
| Infection within 3 months after surgery | Fewer than 1 out of 100* |
| Blood clot within 3 months after surgery | 1 out of 100* |
| Hip dislocation (ball comes out of socket) within 1 year after surgery | 2 out of 100* |

*To view the complete list of sources cited for patient surgical result statistics, please visit <https://www.summitortho.com/hip-replacement-surgery-patient-results>

MAKING A TREATMENT DECISION—DETERMINING YOUR VALUES

Your personal values are just as important as the medical facts. Think about what matters most to you in this decision, and place an “x” in the box for each row below that indicates which goal is more important to you.

| REASONS TO HAVE A TOTAL HIP REPLACEMENT | « MORE IMPORTANT | EQUAL | MORE IMPORTANT » | REASONS NOT TO HAVE A TOTAL HIP REPLACEMENT |
|-----------------------------------------------------------------------------------------------------------------------------------|------------------|-------|------------------|----------------------------------------------------------------------------------------------------------|
| I am in too much pain to do my daily activities. | | | | I'm able to manage my pain and do my daily activities. |
| I'm not worried about the chance of needing another replacement surgery later in life. | | | | I'm worried about needing another surgery in 10 or 20 years. |
| I'm ready and willing to do several weeks of physical therapy after the surgery. | | | | I don't want, or I won't be able, to have several weeks of physical therapy. |
| I know that problems sometimes occur with surgery, but getting pain relief and getting back some use of my hip is worth the risk. | | | | I'm very worried about problems from surgery. |
| I have good insurance coverage and/or cost is not a major consideration. | | | | Cost will be a major factor in determining when/if I pursue surgery. |
| I have support and caregivers available to assist me during recovery. | | | | Ensuring availability of my support/caregivers will be a factor in determining when/if I pursue surgery. |
| I would like/need to avoid taking pain medications for management of my arthritis pain. | | | | Taking pain medications to manage my arthritis pain has not been a concern for me. |
| Other: | | | | Other: |

GETTING TO A DECISION

| | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| <p>After reading and completing the above, which way are you leaning regarding your treatment options for your hip arthritis?</p> <p>A. Leaning toward having hip replacement surgery</p> <p>B. Leaning toward <i>not</i> having hip replacement surgery</p> <p>C. Undecided</p> | <p>Do you feel you know enough about your condition and the treatment options available, including surgery, to make a decision?</p> <p>A. Yes</p> <p>B. No</p> | <p>Do you feel you have enough support, advice, and resources to make the best decision for you?</p> <p>A. Yes</p> <p>B. No</p> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|

NEXT STEPS

Use your responses above to help guide your next discussion with your provider, as well as your caregivers and family members.