

2010



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PHONE: 888-658-8483

Hip Osteoarthritis (OA)

Meet Linda

Linda is a 46 year-old woman with complaints of left hip pain that has gradually worsened over the last year. She participates in aerobics class but has no history of trauma that might have caused her pain. Before physical therapy Linda had:

- Constant groin & thigh pain with occasional knee pain
- Initial groin & thigh pain rating = 7/10
- Limited left hip internal rotation (15 degrees; normal 35)
- Hip Disability Index score = 68%

Intervention:

After examination, Linda's provider prescribed impairment-based **manual physical therapy** and exercise for **8 visits over 4 weeks**.

Result:

- Linda has resumed aerobics class
- Her pain has resolved (0/10)
- She now has 25 degrees of internal rotation
- Her Hip Disability Index score = 96%



Linda's name has been changed to protect patient privacy.

At Texas Physical Therapy Specialists, we use an evidence-based approach to help people with knee OA get back to where they once belonged.

Locations near you: New Braunfels, Selma, San Marcos (2 locations), Bulverde, Blossom Center, Balcones Woods, Bee Caves, Central Park, Pflugerville, Westgate.

Visit our website or call for more information. We welcome any questions you may have.

What Works

- **Therapeutic exercise** is recommended as a first-line intervention for hip osteoarthritis (OA).¹
- **Therapeutic exercise + manual therapy** results in long-lasting improvements in pain and disability for most patients.²
- **Therapeutic exercise + manual Therapy** can produce large positive changes even in patients with severe x-ray changes.³

What Doesn't Work

- **Tylenol and NSAIDs** have a small effect only⁵ and long-term use isn't recommended.⁶
- **Passive interventions** such as ultrasound or massage.⁷
- **Waiting** to see if it gets better on its own.²

Learn How A Physical Therapist Can Help You

Your physical therapist is an expert in the non-surgical treatment of musculoskeletal conditions and can help you recover the use of joints and muscles through manual physical therapy, active supervised exercise, and education. The physical therapist will help reduce your pain, promote healing, and restore strength, function and movement so you can return to normal activity as quickly as possible!

Don't settle for imitations! Only a licensed physical therapist can provide effective physical therapy care. A physical therapist is a licensed healthcare professional who has successfully completed years of rigorous medical training and has been licensed by the state. Board-certified physical therapists are designated as Orthopedic Clinical Specialists (OCS).

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We Can Help Linda

Osteoarthritis (OA) is the most common cause of disability in the United States.⁶ It is particularly disabling as it limits the ability to rise from a chair, stand, walk or use stairs in 1/3 of all people over 60.⁷

Altman's *clinical diagnostic criteria for hip OA* are both sensitive (.89) & somewhat specific (.75) and consist of:

- <15° hip internal rotation and <115° hip flexion
- OR
- >15° hip internal rotation (but painful) and AM stiffness < 60 minutes

Key examination findings of patients likely to experience a large reduction (>30%) in pain in response to manual therapy are those with:⁸

- Pain in the groin, hip or anterior thigh
- Limited hip or knee motion of the affected limb
- Discomfort or pain with hip distraction

Treatment for OA commonly consists of Tylenol and non-steroidal anti-inflammatory medication. Unfortunately, even at optimal doses **the effect of NSAIDs small** for reducing pain (a 1cm reduction in VAS), and lower doses may be required for long term use in order to minimize risks of ulcer and other forms of gastrointestinal distress.¹



Linda's name has been changed to protect patient privacy.

National Leaders

Member of the EIM Clinical Education Network and Host site of EIM Orthopaedic Residency and Orthopaedic Manual Physical Therapy Fellowship programs



Proven success

Impressively low average of patient visits keep costs low and patients happy.

Hip OA is a common, costly and disabling and doesn't just affect the elderly, it affects as many as 11% of those over age 35!⁹ In addition, 30% - 40% of patients with knee OA also suffer from Hip OA.¹⁰

Manual physical therapy and exercise intervention can achieve significant improvement in up to 81% of patients treated in as few as 9 visits compared to only 50% for patients who are treated with exercise alone.²

We ensure your patients receive the highest level of care possible and unsurpassed AmaZing! Customer Service.

Rely On The Newest Research and Evidence

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12. Ravaud P, Giraudeau B, Logeart I, et al. Management of osteoarthritis (OA) with an unsupervised home based exercise programme and/or patient administered assessment tools. A cluster randomised controlled trial with a 2x2 factorial design. *Ann Rheum Dis* 2004;63(6):703-8.
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