

Hip Pain: Arthritis

Hi my name is Adam Hoad-Reddick. I'm going to talk to you on this short video clip on what would happen if you came to my clinic with hip related pain. You would normally have been referred by your general practitioner and I would arrange to see you here at The Alexandra Hospital in my consulting room.

I would ask you some questions about what your pain is like, where it is located and what makes it better or worse. I would also ask you about any relevant illnesses or medical problems that you'd had in your past and I would also want to know about any medications you had been taking; it would probably be helpful if you brought a list of these medications with you to your appointment. I would examine your hip to see if we could see what the range of movement is like and give any idea about causes of pain before arranging further investigations.

I would almost always arrange for an x-ray to be performed and that would be performed as part of your appointment here at The Alexandra Hospital. I would see you after it with the results of these tests.

If your x-rays show that arthritis is present it would probably look something like this. You can see on the left side on the normal hip that it is a well preserved joint space so the bone is being held apart here by the cartilage which is present. You can also see that the head of the femur which is here is nice and round. On the right side, you can see that there is a loss of joint space right around the hip and also some extra bone is forming around the sides and parts of the head which can cause restriction in range of movement.

We very commonly see in arthritic patients that the rectory looks like this and if you've got considerable discomfort we would discuss treatment options which could include an injection which will only attempt to give short term relief of symptoms. We could also consider hip replacement surgery I will discuss this in a separate video clip.