

Great Evidence for Hip OA & PT Intervention



There are few things in life that frustrate us more than seeing a patient with advanced hip osteoarthritis (OA) booked for a total hip replacement...who was NEVER even referred to physical therapy by their GP in all those years during the early phase of their OA.

The purpose of this RCT was to evaluate the effectiveness of an 8-week exercise program with strength training and lifestyle advice for older adults with OA of the hip.

The patients who received the physical therapy exercise program had:

- A positive effect on pain
- A positive effect on hip function
- A positive effect on self-reported disability
- A positive effect on the timed Up & Go test

What can we learn from this study? An appropriate exercise program may have positive effects on pain and hip function, which are important mediators of disability. This study provides evidence of the benefit of exercise in the management of hip OA.

Personal Comment:

At [Sport And Spine Physiotherapy](#), each patient will be thoroughly evaluated to determine each individual's dysfunction and functional limitations. Muscle weakness and more importantly muscle imbalances, along with joint mobility, joint mechanics, flexibility, balance and proprioception will all be addressed. It's these factors that commonly progress joint degenerative changes, and cause pain symptoms that severely limits an individual's overall function and quality of life.

Reference: Tak E, et al The effects of an exercise program for older adults with osteoarthritis of the hip. Rheumatol. 2005 Jun;32(6):1106-13.

