



Arthritis Talks: Arthritis in the Hips

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Presenters



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Webinar tips

- Use the **Q&A** section to ask the presenters your questions. Some of the questions will be chosen for the live question period at the end of the webinar.
- Click on the **Chat** box to connect with other participants and the Arthritis Society's chat moderator.
- If you have further issues, email arthritistalks@arthritis.ca

The screenshot shows the Arthritis Society Canada webinar interface. At the top center is the Arthritis Society Canada logo, featuring a stylized yellow bird-like shape above the text "Arthritis SOCIETY CANADA". Below the logo is a control bar with several icons: "Audio Settings" (with an upward arrow), "Q&A" (with a speech bubble icon), "Chat" (with a speech bubble icon), and a red "Leave" button. A yellow callout box points to the "Audio Settings" icon with the text "Click here to access your audio settings". Another yellow callout box points to the "Q&A" and "Chat" icons with the text "Click here to chat or to submit a question". A third yellow callout box points to a red icon in the top right corner of the interface with the text "Click on the red icon to exit out of the Q&A or Chat". To the right of the main interface is a floating window titled "Q&A" with a "Welcome to Q&A" message and a text input field labeled "Type your question here...".

Overview

[1]

Arthritis in the hips



[2]

**Pain management and
treatment options**



[3]

Questions



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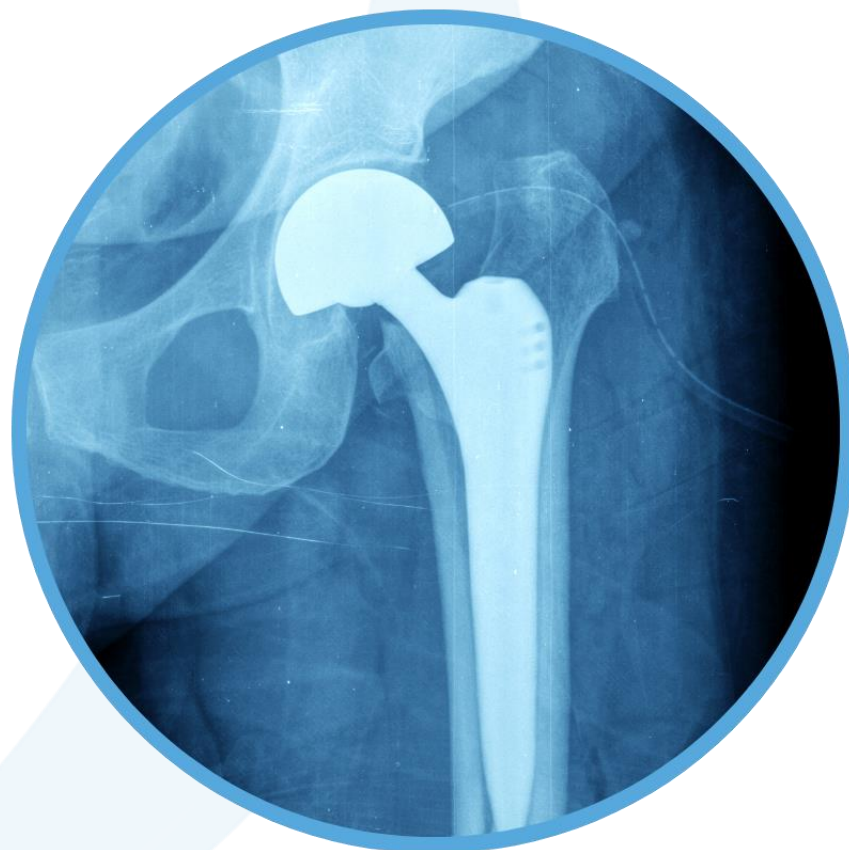


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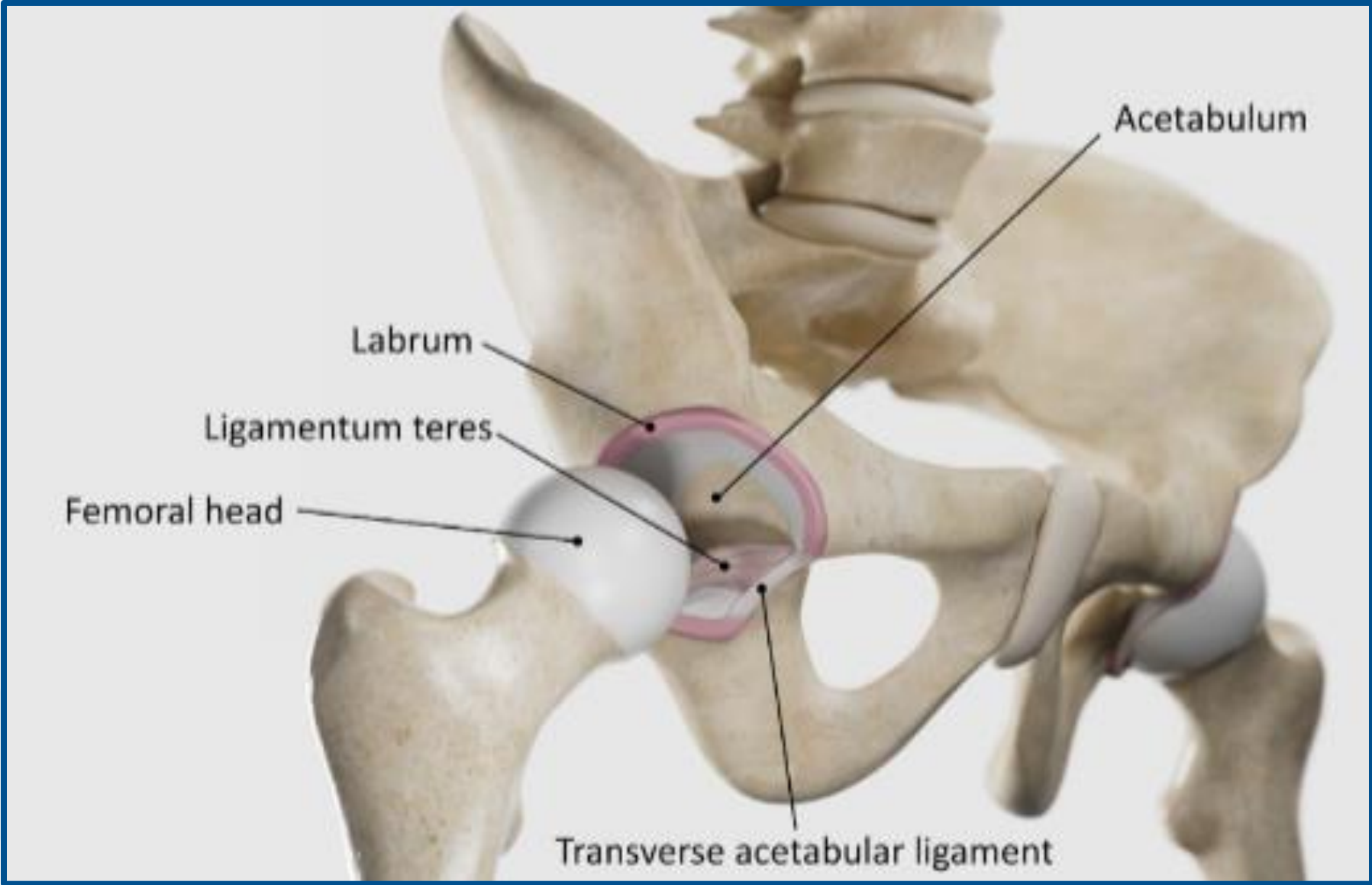


Q

What makes the hip joint prone to arthritis?

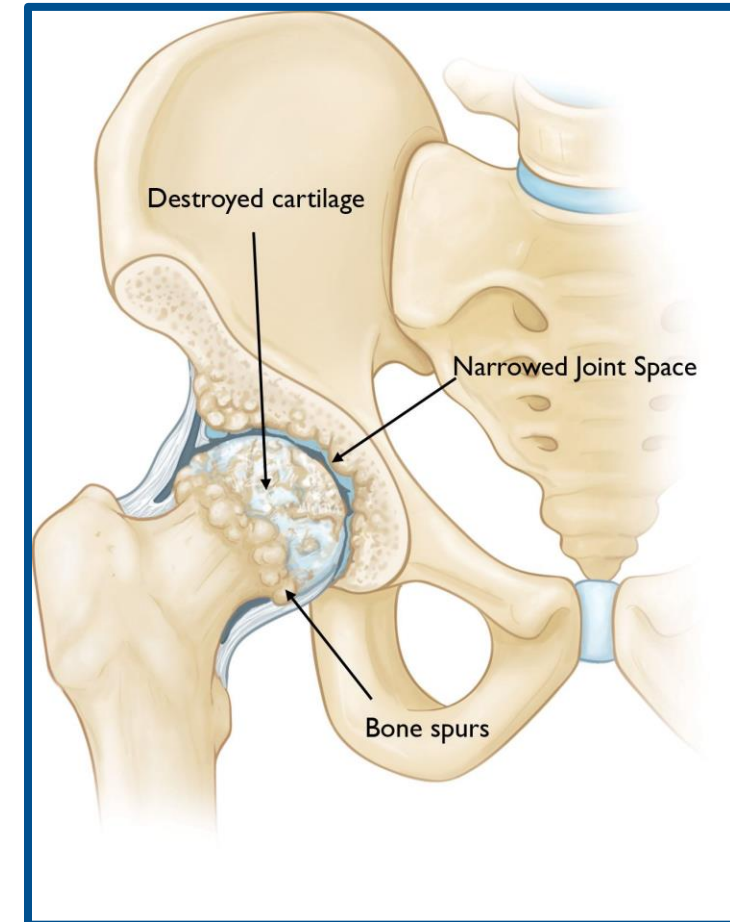


Hip Joint

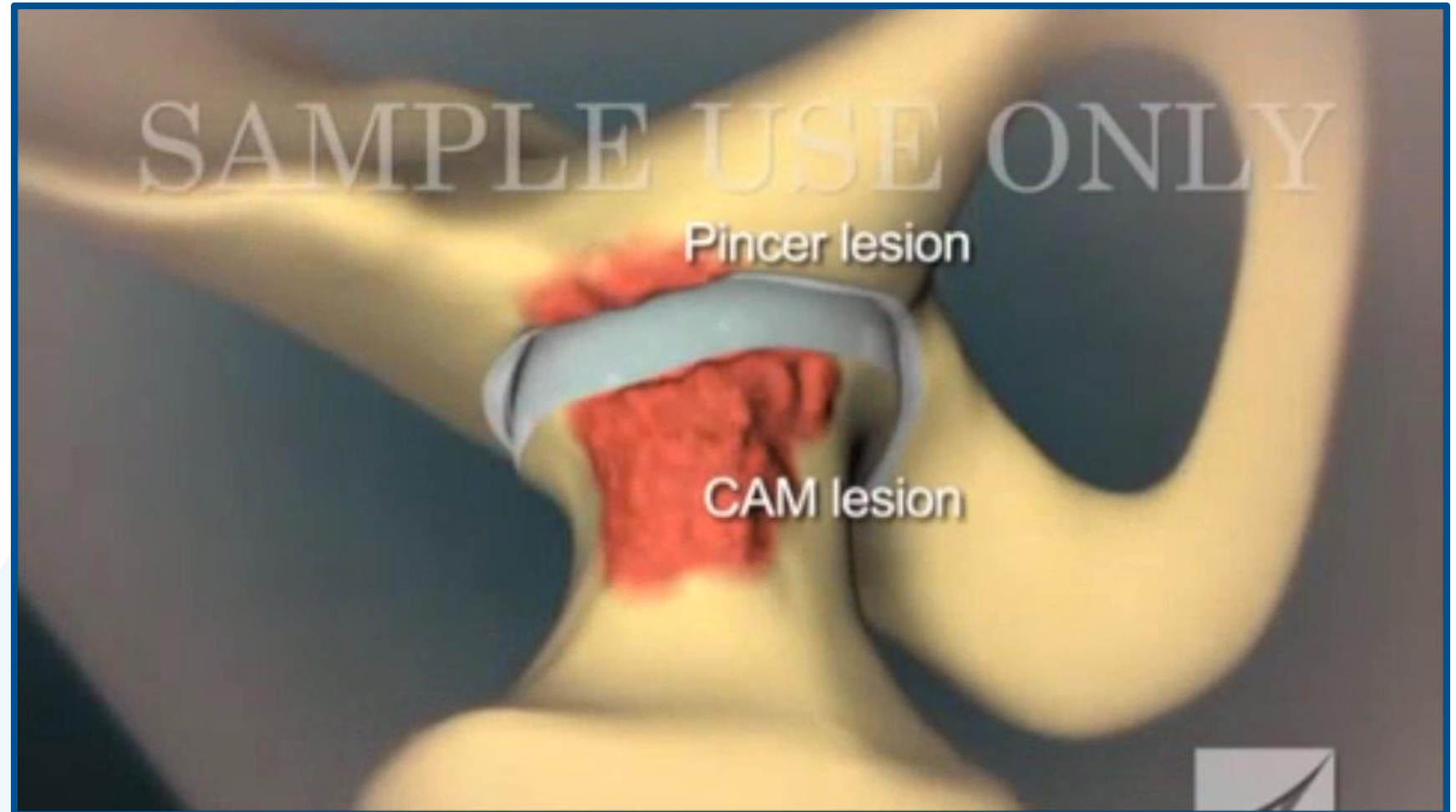
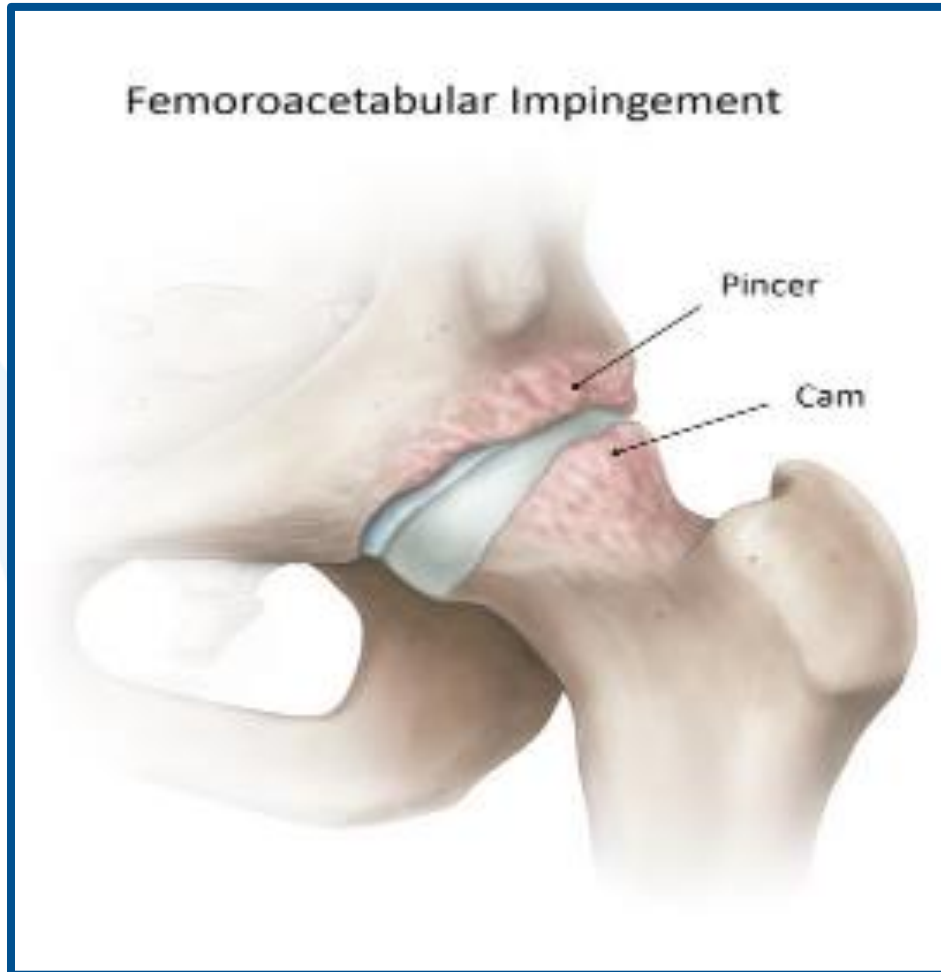


Causes of Hip Arthritis

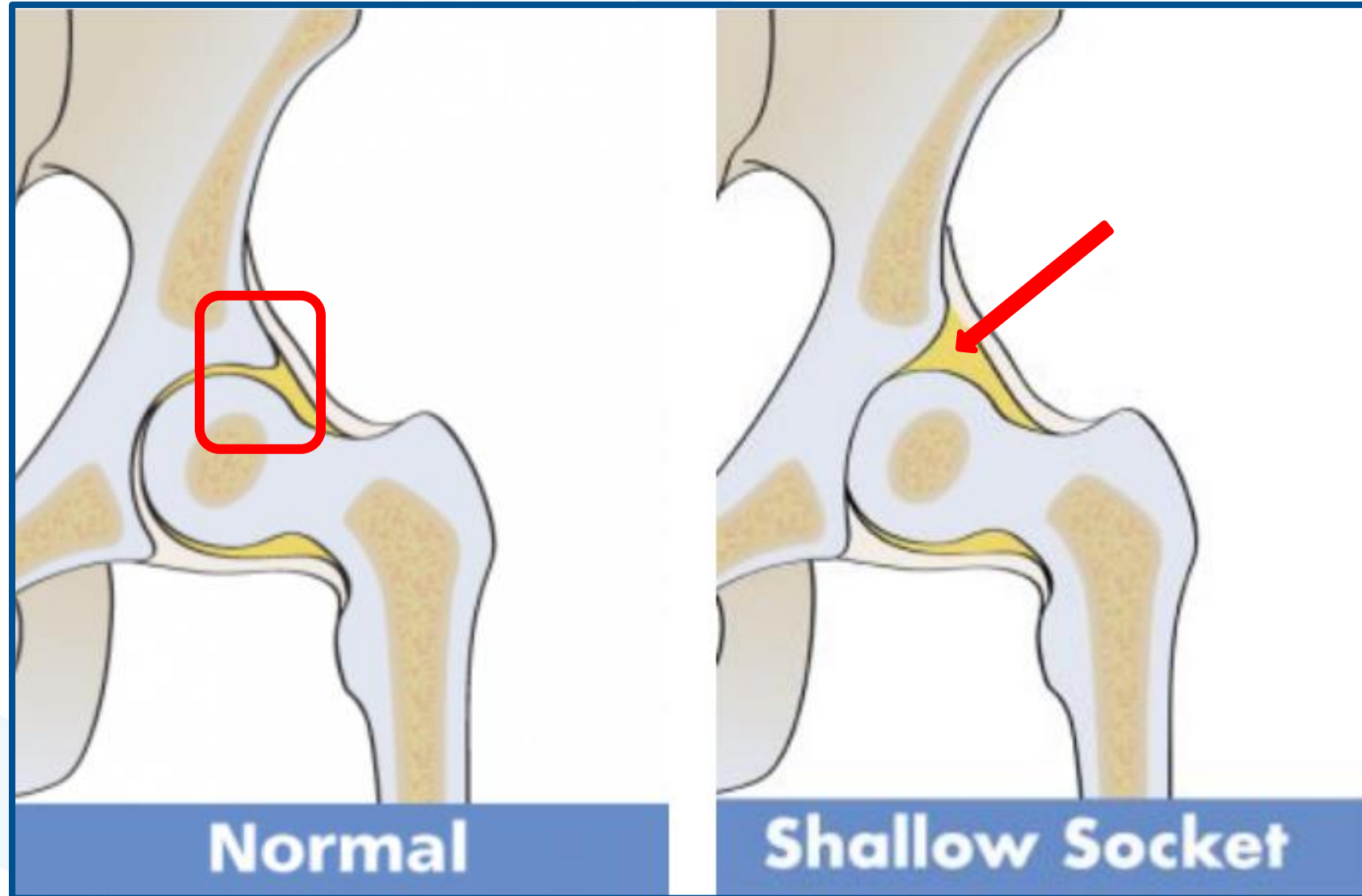
- ▼ Age
- ▼ Family history
- ▼ Inflammatory – rheumatoid arthritis, psoriatic arthritis, ankylosing spondylitis
- ▼ Injury to the hip joint
- ▼ Obesity
- ▼ Altered morphology of the hip joint – dysplasia, impingement, other childhood conditions



Hip Impingement aka Femoroacetabular Impingement (FAI)



Hip Dysplasia





How can you maintain function of the hip joint?



Tips to maintain hip function

- ▼ Stay active – Move more, sit less
- ▼ Morning moves!
- ▼ Maintain a healthy weight
- ▼ Know your triggers - certain positions/movements, prolonged sitting, sports/skills can aggravate hip pain
- ▼ See a physiotherapist for individual guidance & exercises
- ▼ Stay strong
- ▼ Protect your hip joint – raised surfaces, long handled devices, walking aids, good footwear



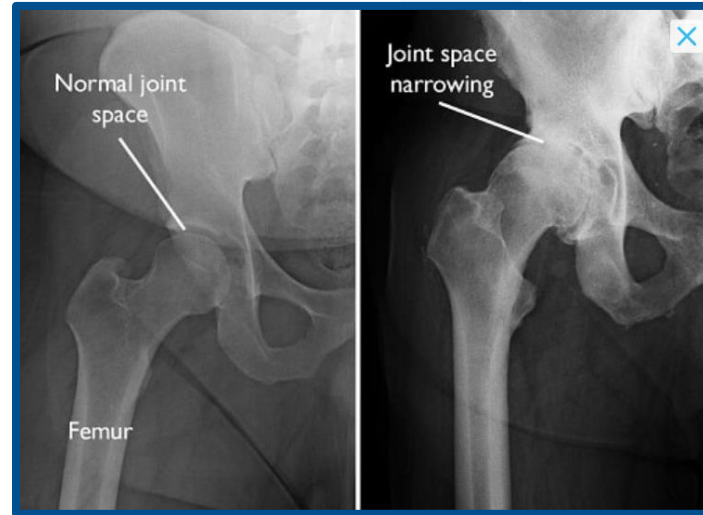
Q

What surgical options are available for managing pain?



Surgical Management

- ▼ Confirm the source of pain
 - Imaging – Xrays, CT, MRI
 - Injection if elusive

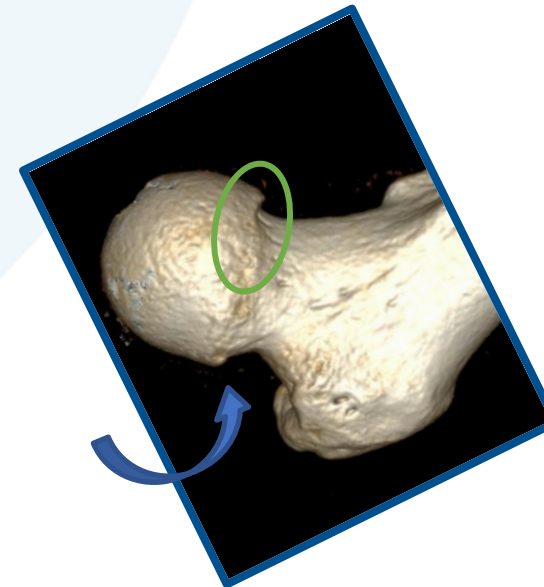


- ▼ Maximize appropriate conservative care
 - Activity modification
 - Physiotherapy – 3-6 months minimum
 - Pain medication
 - Bracing
 - Injections – Steroid, Hyaluronic Acid, PRP

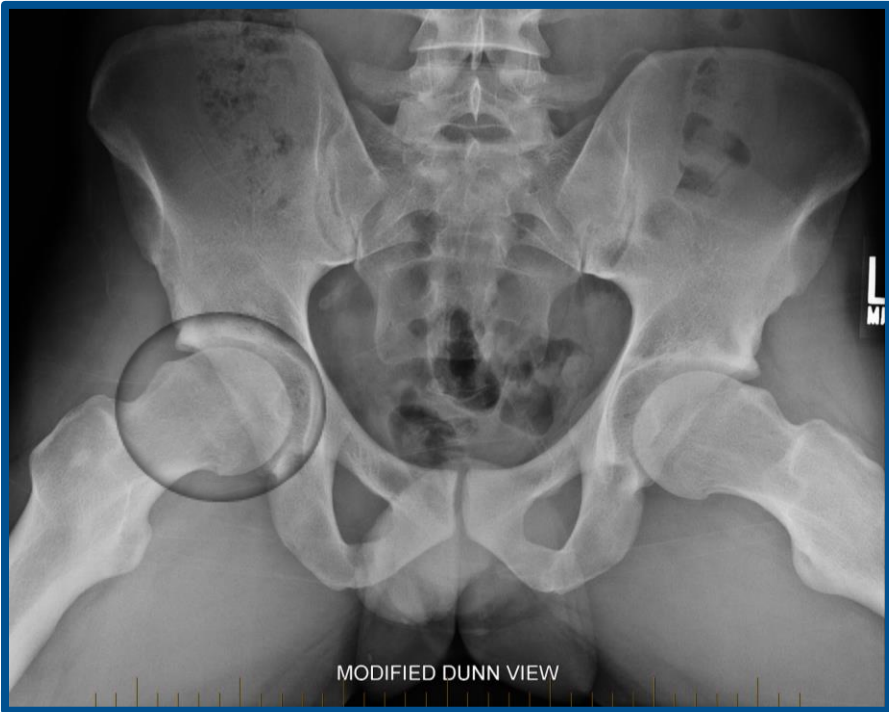


Surgical Management Joint Preservation Surgery

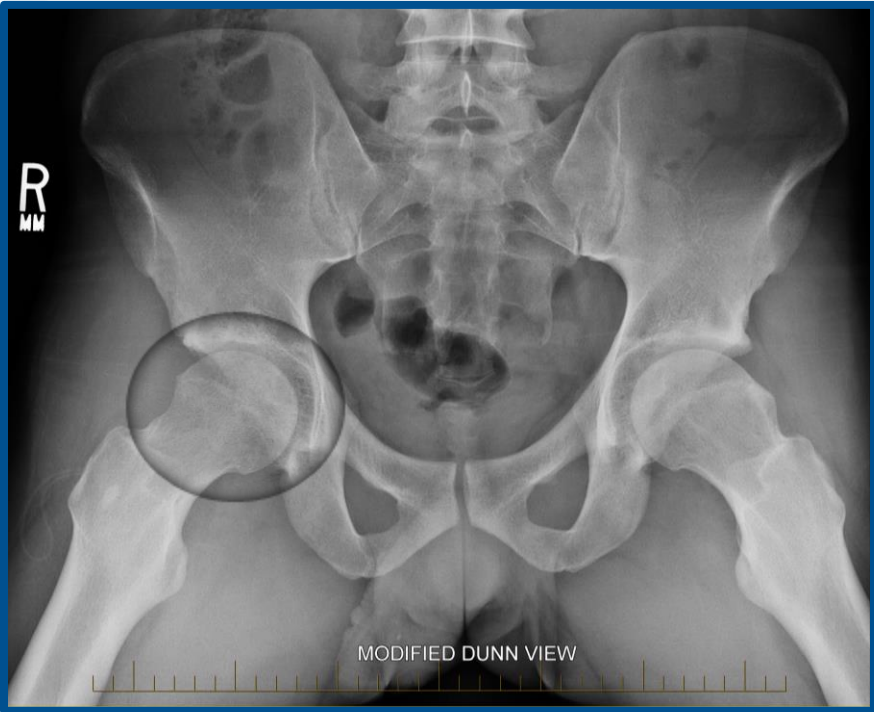
- ▼ No arthritis
- ▼ Arthroscopy/Keyhole surgery for FAI



Surgical Management Hip Arthroscopy



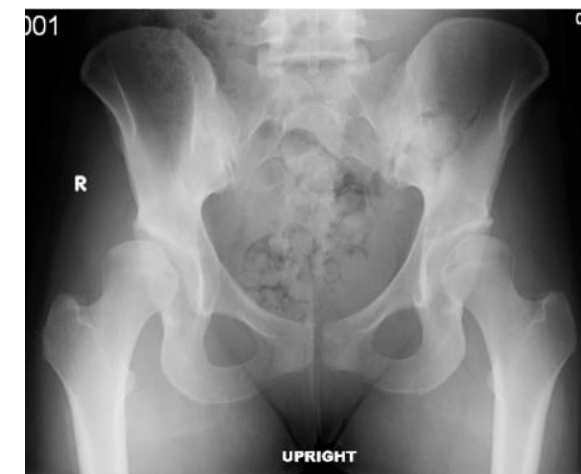
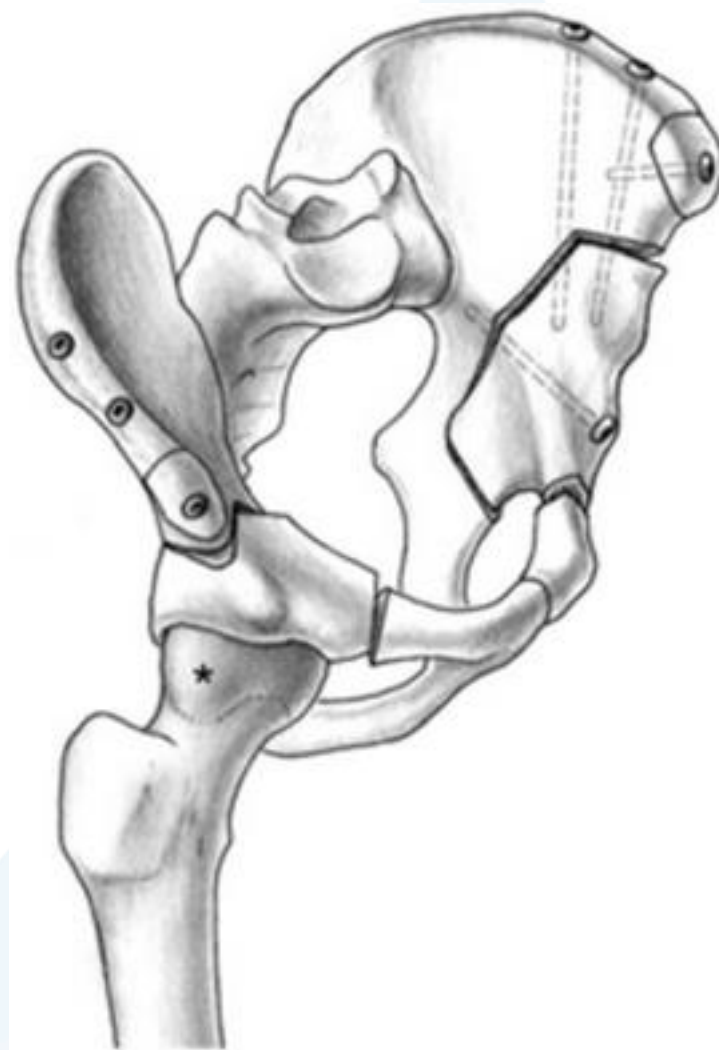
Before



After

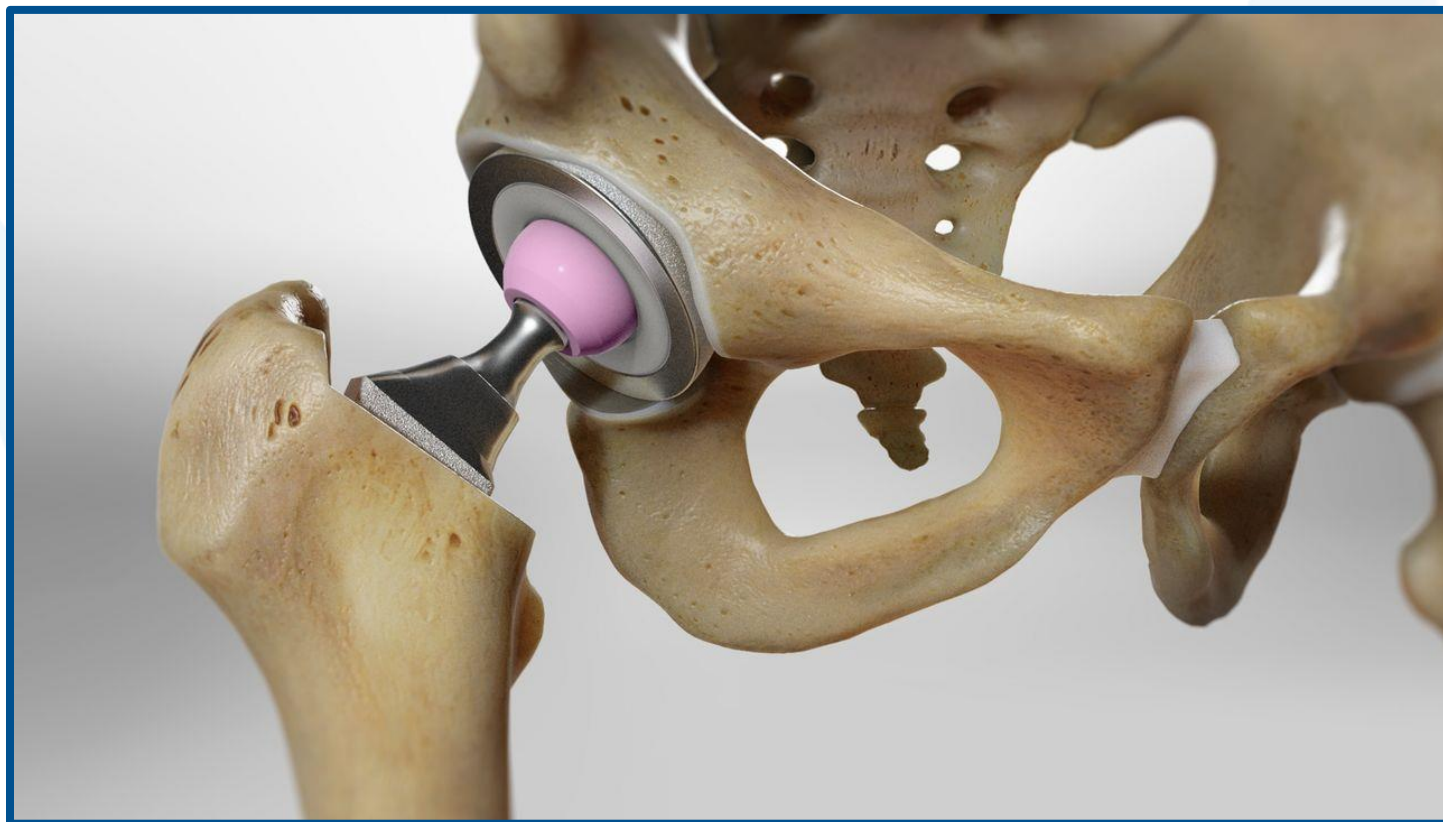
Surgical Management Joint Preservation Surgery

- ▼ No arthritis
- ▼ Open surgery for Dysplasia



Surgical Management Joint Replacement Surgery

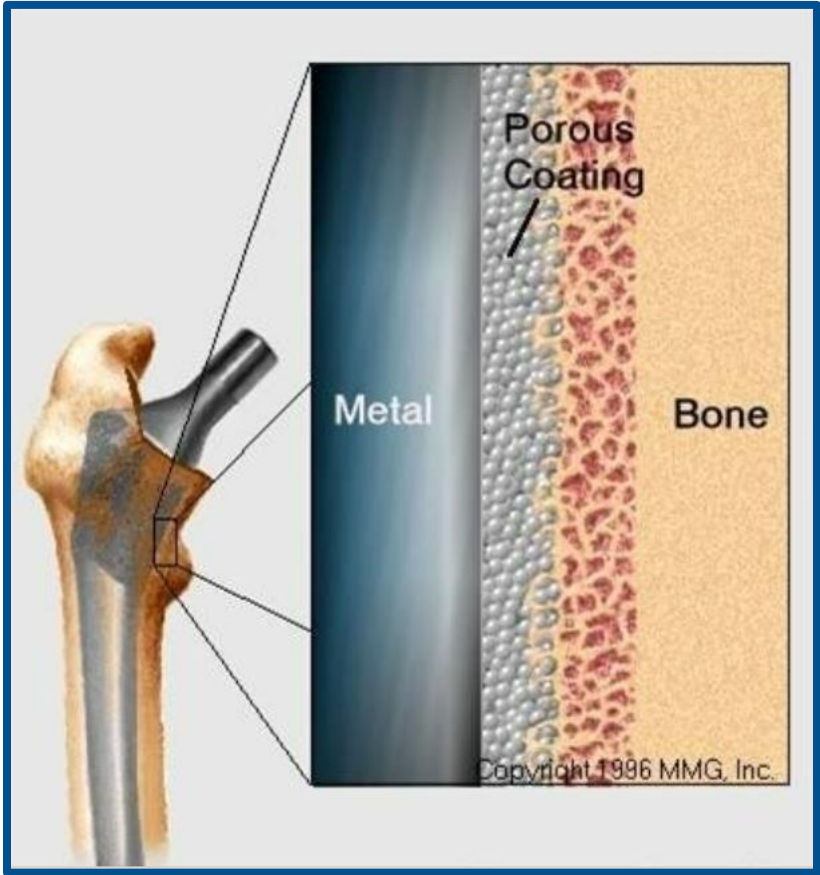
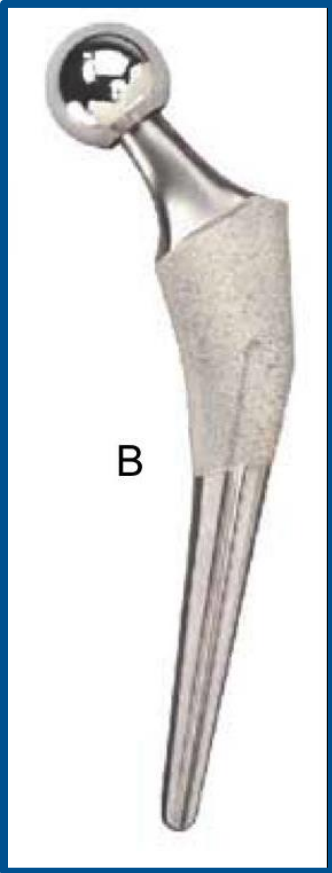
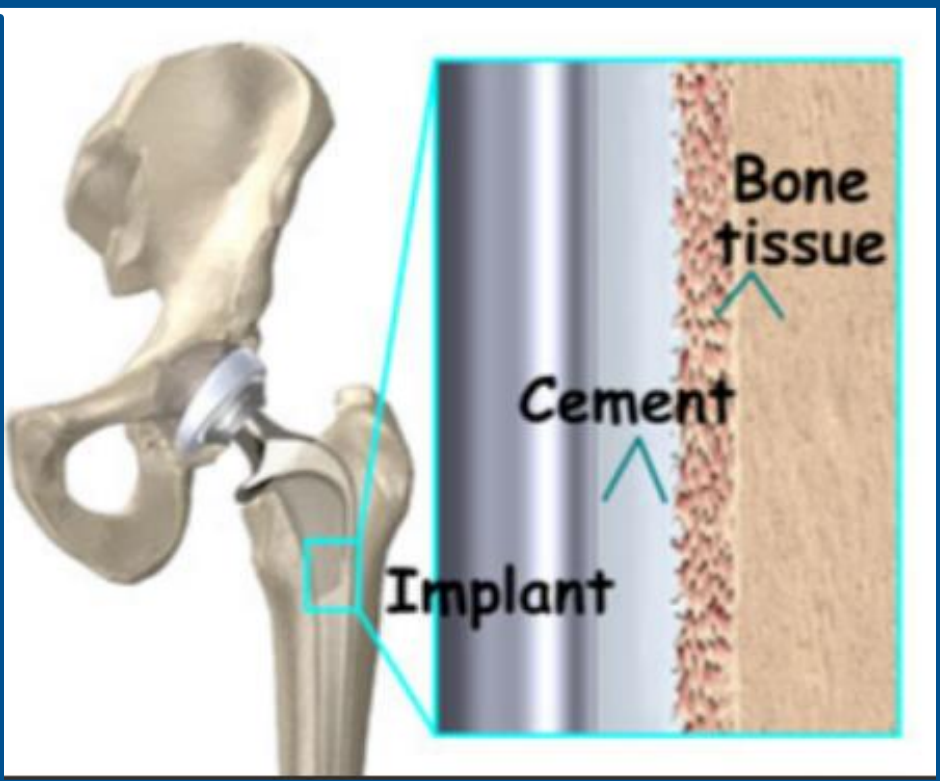
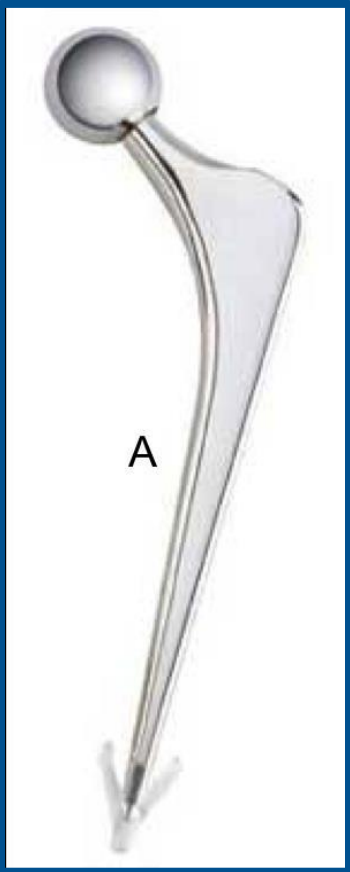
- ▼ Arthritis is present



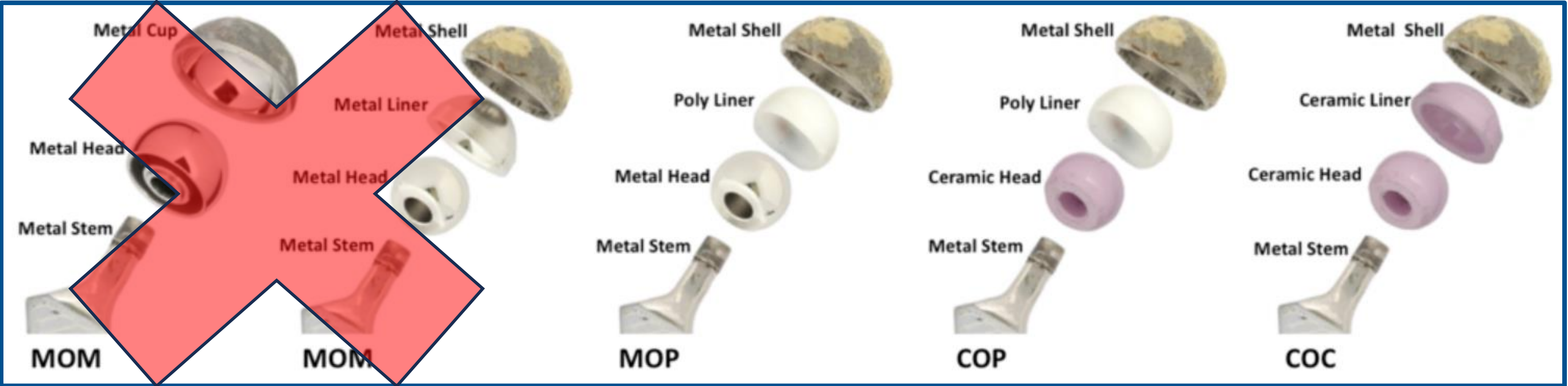
Surgical Management Joint Replacement Surgery



Surgical Management Joint Replacement Surgery

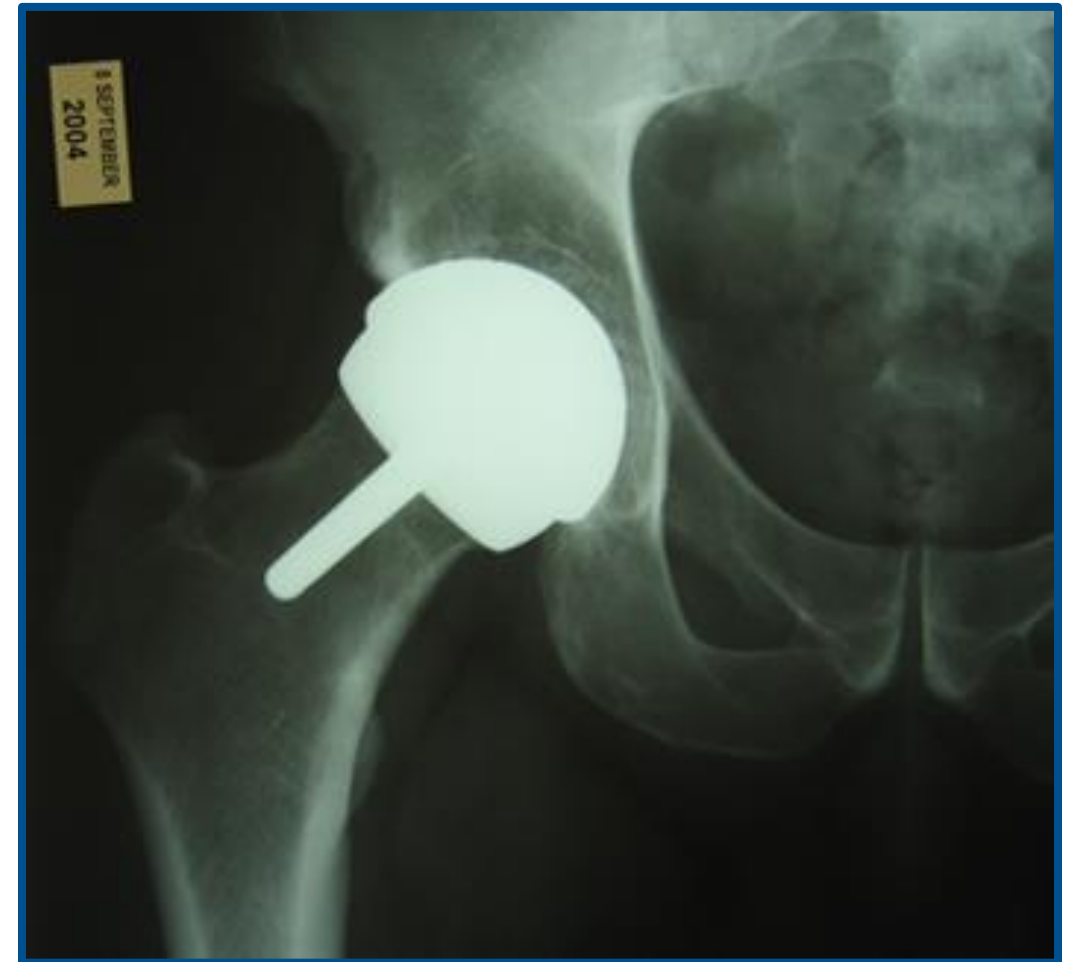


Surgical Management Joint Replacement Surgery



Surgical Management

Joint Resurfacing Surgery



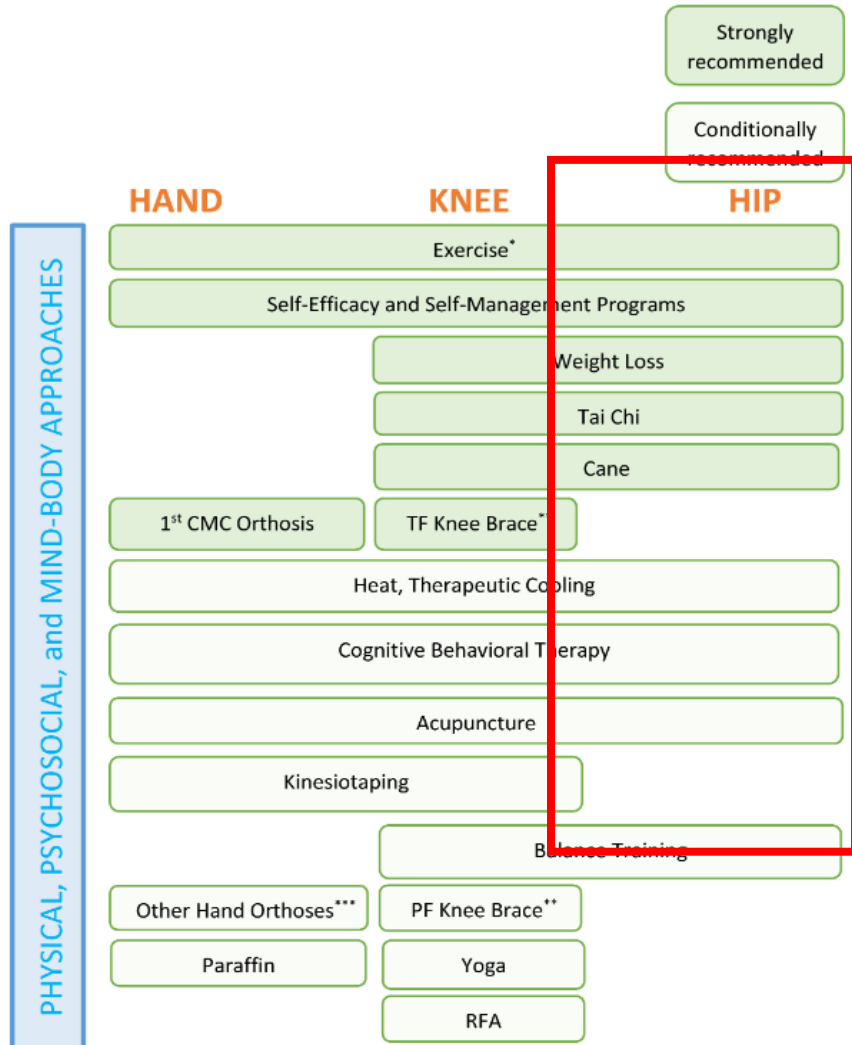
Q

What non-pharmacological options are available?



American College of Rheumatology guidelines 2019

OARSI Guidelines 2019



Core recommendations

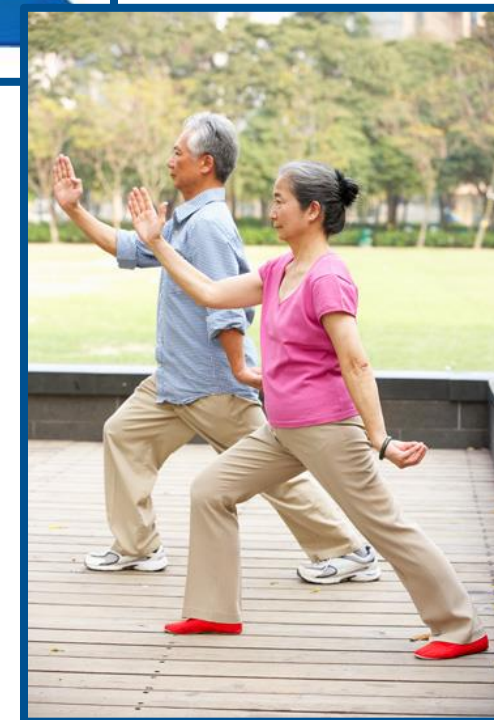
- ✓ Structured land-based exercise programs
- ✓ Education (standard of care)

Conditional recommendations

- ✓ Mind-body exercises (Tai chi, Yoga)
- ✓ Self-management programs
- ✓ Gait aids
- ✓ Dietary weight management for certain individuals

Non-pharmacological options for managing hip pain

- ▼ Exercise – strength & balance training
- ▼ Self-management + joint protection
- ▼ Weight loss
- ▼ Cane
- ▼ Tai chi
- ▼ Heat and cold
- ▼ Cognitive behavioural training/mindfulness
- ▼ Acupuncture
- ▼ Other electrical modalities
- ▼ Manual therapy
- ▼ Footwear



Recommended strategies for managing hip pain

1

- Exercise
- Education/self-management
- Weight loss
- Cane



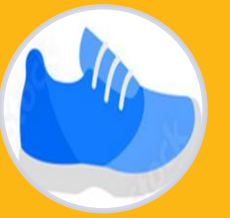
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- Heat & cold
- Cognitive behavioural training/ mindfulness
- Acupuncture



3

- Other electrical modalities
- Manual therapy
- Footwear



Q

What excites you about the future of treatment of arthritis in the hips?




Future Directions

Causation, Recognition, Planning, Execution

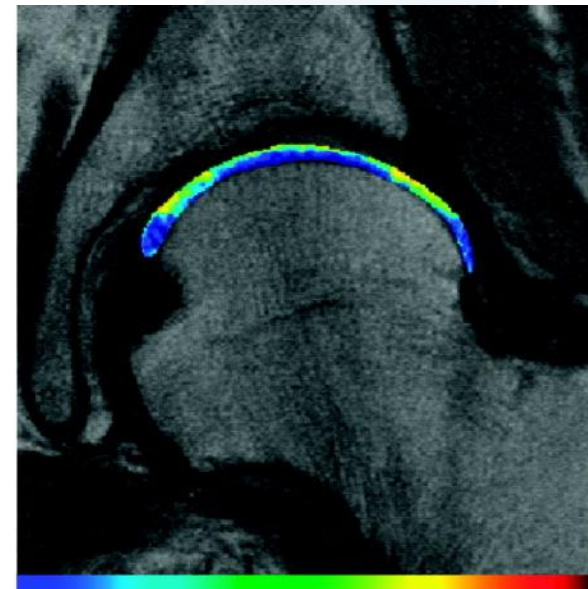
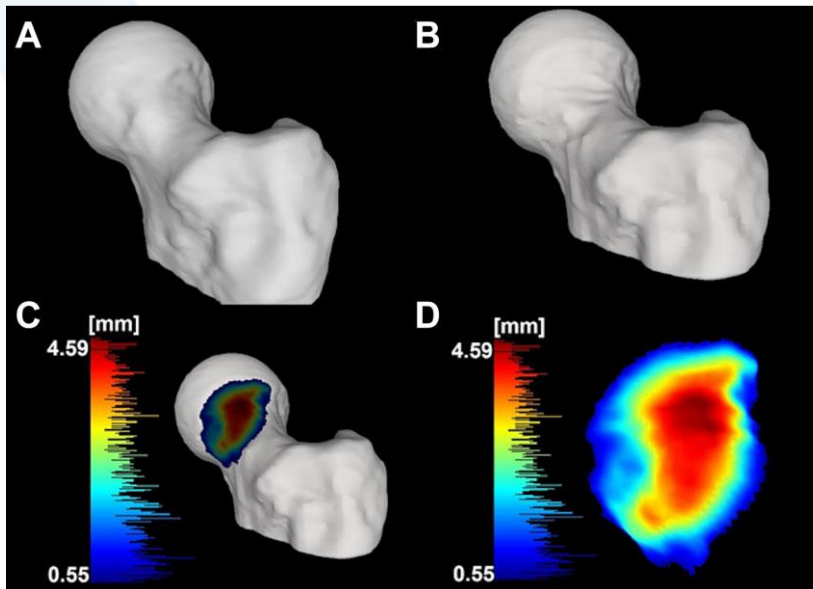
Unravelling the Hip Pistol Grip/CAM Deformity: Origins to Joint Degeneration

Paul E. Beaulé,¹ George Grammatopoulos,¹ Andrew Speirs ², K. C. Geoffrey Ng,^{3,4} Sasha Carsen,⁵ Hanspeter Frei,² Gerd Melkus ¹, Kawan Rakhra,¹ Mario Lamontagne³

Diagnosing Hip Microinstability: an international consensus study using the Delphi methodology

Vikas Khanduja¹  · Nicholas Darby¹ · John O'Donnell² · Nicolas Bonin³ · Marc R. Safran⁴ · The International Microinstability Expert Panel

Knee Surgery, Sports Traumatology, Arthroscopy (2023) 31:40–49
<https://doi.org/10.1007/s00167-022-06933-4>



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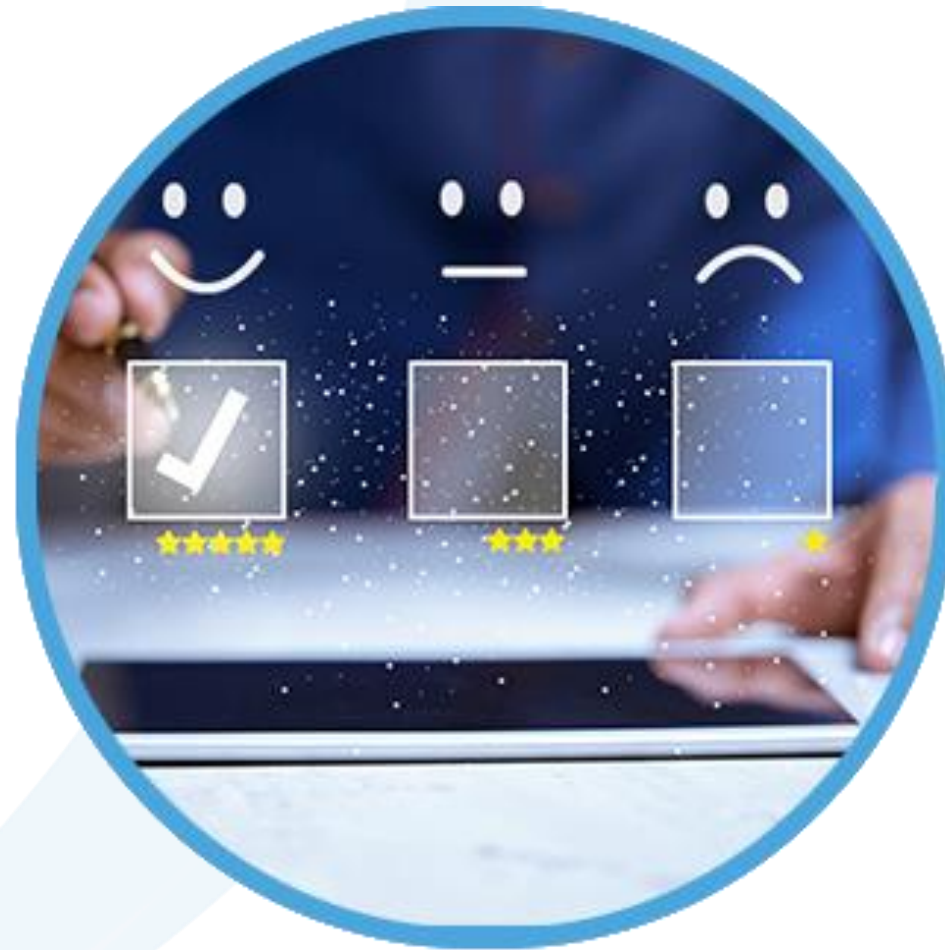
Any final thoughts or recommendations?



Questions

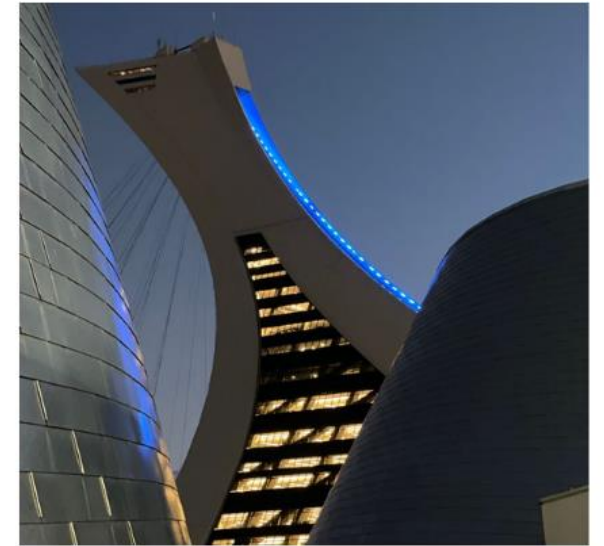
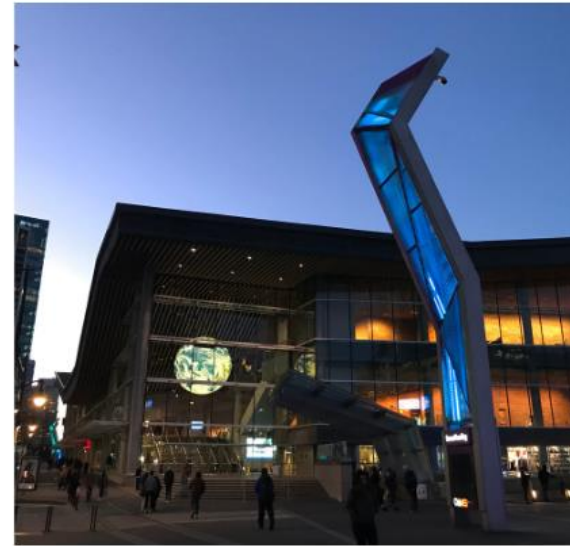


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