



## Osteoarthritis of the Hip



### Overview

This type of arthritis, also called "degenerative joint disease," is a breakdown of the cartilage in your hip joint. As this protective cartilage wears away, bone rubs against bone. Bony growths called "bone spurs" may form in the joint. Pain from osteoarthritis can keep you from being as active as you like.

### Causes

Osteoarthritis doesn't have a specific cause. The normal wear and tear of aging can bring it on. So your risk is higher as you get older. It's higher if you have a family history of the condition. Osteoarthritis is more likely to develop if you are overweight, and if you've ever injured your hip. You also have a higher risk if the ball or socket of your hip joint is shaped poorly.

### Symptoms

Symptoms include pain and stiffness in your hip. For some, this happens over time. For others, it starts suddenly. Your hip may be worse in the morning, after you sit or rest, and on rainy days. Symptoms may flare up when you are active. Pain may radiate into your thigh, buttock and knee. Your hip may lock or grind when you move it. This can limit your range of motion.

### Treatment

Treatment options include medications, physical therapy and an aid like a cane, walker or other device to help you get around. You may need to limit activities that cause pain. If these aren't helpful, surgery may help. Your healthcare provider can create a plan that's right for you.