



Living With Osteoarthritis of the Hip

Overview

When you have osteoarthritis of the hip, sometimes it's hard to be as active as you like. But you can still do many of the things you enjoy. You just have to know how to manage your condition.

Medical treatment

First, go see your doctor. Find out what care options are available for you. You may benefit from medications or physical therapy. A walking aid may help. If your arthritis is severe, joint replacement may be an option for you.

Diet and exercise

Also, be kind to your hips. They carry the weight of your body. Stay at a healthy weight to avoid putting too much stress on them. Eat a healthy diet. And ask your doctor what exercises are safe for you. Exercising should never be painful, so stop any activity that hurts you. After exercise, you can use a heating pad or a warm bath to soothe stiff joints and tired muscles. An ice pack can help reduce inflammation. And if you overdo it, make sure you allow enough time to rest and recover.

Conclusion

If you take an active role in your care and follow your doctor's advice, you can learn to manage your arthritis successfully.

