

## Tips for osteoarthritis of the hip or knee

This sheet has been written for people with osteoarthritis of the hip and/or knee. There are many treatments that may be helpful if you have osteoarthritis (OA) of the hip and/or knee. Here are some things you could try.

### Self management course

These courses help you develop skills to manage your symptoms, communicate with your healthcare team and lessen the impact of arthritis on your life. Contact your local Arthritis Office for more information.

### Weight loss

Being overweight can lead to more pain and damage to hips and knees affected by OA. Even modest weight loss (eg. five percent reduction in body weight) can noticeably reduce symptoms of knee OA. You may find it useful to see a dietitian for advice about healthy eating and weight loss.

### Exercise

Exercise is one of the most important treatments for OA of the hip and knee. It helps to reduce pain and maintain your general health. To protect your sore joints, try low-impact activities, where there is less weight going through your hips and knees. Examples of low-impact activities include cycling and walking. You could also try:

- **Water exercise:** The buoyancy of the water takes pressure off your hips and knees and you may find you can move more freely than you can on land. See the *Water exercise* sheet for more information.
- **Strengthening exercises:** Exercises to strengthen the muscles around your hip and knee can also help reduce pain from OA.
- **Tai chi:** Studies show that tai chi can help reduce pain and stiffness for people with arthritis. See the *Tai chi* sheet for more information.

See the *Physical activity* sheet for more information about exercise. If possible, consult a physiotherapist or exercise physiologist for advice about a program to suit you.

### Medicines

- Paracetamol is a pain reliever that may help some people with mild or moderate pain from OA. It can be taken regularly but take care not to exceed the recommended daily dose.
- Anti-inflammatory medicines may relieve symptoms of OA. Always talk to your doctor or pharmacist before you take these medicines as they are not suitable for all people.
- Stronger pain medicine, such as codeine or tramadol, may be useful if other pain relievers are not effective and anti-inflammatory medicines cannot be used.
- A corticosteroid injection into the knee or hip joint may relieve pain.
- Injections of hyaluronic acid into the joint may help reduce pain, by lubricating and protecting the cartilage. However these injections can be expensive and do not appear to work for all people. Currently, research suggests that these types of injections are no more beneficial than fake treatments, such as injections of saline (salt water).
- Creams containing anti-inflammatory medicines have been shown to reduce pain in knee OA. It is not known whether these creams have the same effect for hip OA.
- Creams containing capsaicin (an ingredient in cayenne and chilli peppers) and comfrey extract gel (a herbal medicine) may also help relieve pain in knee or hip OA.

Talk to your doctor or pharmacist about medicines and the best way to use them for your condition. See the *Medicines and arthritis* and *Dealing with pain* information sheets.

For your local Arthritis Office:

1800 011 041 [www.arthritisaustralia.com.au](http://www.arthritisaustralia.com.au)

## Aids or supports

Some people may find using a **walking stick** helps reduce pain, although there are limited studies to prove this claim. Always use the walking stick on the opposite side to your sore joint (if your right hip is affected, use the walking stick in your left hand). Your physiotherapist may also suggest the following treatments to reduce pain from knee OA:

- **taping** the kneecap (patella)
- **knee braces**
- **orthoses** (small wedges placed in your shoe to improve the alignment (position) of your knee when standing and walking).

See a physiotherapist for advice about any of these aids or supports.

## Heat and cold

Cold therapy such as ice packs or ice massage may help reduce pain in knee OA. Heat packs have been found to be less useful than cold packs for OA. See the *Dealing with pain* information sheet.

## Glucosamine and chondroitin

The results from studies of glucosamine sulfate and chondroitin sulfate are unclear. See the *Glucosamine and chondroitin* information sheet.

## Herbal therapies

There isn't much evidence to prove that certain herbal therapies are useful for OA of the hip and knee. See the *Complementary therapies* information sheet.

## TENS, ultrasound, laser

These treatments may be used by a physiotherapist although it is unclear whether they provide benefit for hip and knee OA. See a physiotherapist to trial a TENS machine (a machine that applies very mild electrical pulses to block pain messages going to your brain) before buying one as not all people will find it beneficial. Ultrasound may provide some small benefit for knee OA but has been shown to have no benefit for the hip.

## Acupuncture

It is unclear from scientific studies whether acupuncture is beneficial for hip or knee OA. The Australian Acupuncture and Chinese Medicine Association can help you find an accredited practitioner at [www.acupuncture.org.au](http://www.acupuncture.org.au) or 1300 725 334.

## [www.MyJointPain.org.au](http://www.MyJointPain.org.au)

New, interactive website to help people with osteoarthritis. Refer to information section below for more details.

CONTACT YOUR LOCAL ARTHRITIS OFFICE FOR MORE INFORMATION SHEETS ON ARTHRITIS.

There are many things that can help you manage OA of the hip or knee. The first steps are regular exercise, weight loss and using medicines wisely.

## For more information:

Arthritis Australia in partnership with Bupa Health Foundation has developed a new interactive website to help people with osteoarthritis better manage their symptoms. It provides information and advice from experts as well as links to healthcare providers in your local area who can assist with care. [www.MyJointPain.org.au](http://www.MyJointPain.org.au)

To find a physiotherapist, ask your doctor, contact the Australian Physiotherapy Association on 1300 306 622 or use the 'find a physio' feature at [www.physiotherapy.asn.au](http://www.physiotherapy.asn.au)

To find an exercise physiologist, talk to your doctor, contact Exercise and Sports Science Australia on (07) 3862 4122 or use the 'find an exercise physiologist' feature at [www.essa.org.au](http://www.essa.org.au)

To find a dietitian, talk to your doctor, contact the Dietitians Association of Australia on 1800 812 942 or use the 'find a dietitian' service at [www.daa.asn.au](http://www.daa.asn.au)

**Books:** Arden, Elizabeth, Arden, Nigel & Hunter, David 2008, *Osteoarthritis*, Oxford University Press, Oxford.