

Hip Osteoarthritis: Is It Time to Think About Surgery?

The pain and stiffness from hip osteoarthritis can make it hard for you to do your daily tasks. And it can keep you from doing the things you like to do. But you have options. You can have surgery to replace your hip. Or you can try treatments that don't involve surgery—things like exercise, medicines for pain, steroid shots into the hip joint, or physical therapy.

Only you know which choice is right for you. What you decide will depend on what matters most to you. Let's take a few minutes to explore your options and what you prefer.



Hip replacement surgery offers better pain relief. But it also has some risks.



Nonsurgical treatments have fewer risks. But they may not work as well to relieve pain.

We're Curious

Right now, what treatment are you leaning toward for your hip pain?

- Hip replacement surgery
- Nonsurgical treatments
- I'm not sure

How far along are you with this decision?

- Not yet thought about all the options
- Considering the different options
- Close to choosing an option



Key Facts to Know

- **Hip arthritis symptoms may come and go.** They don't always get worse over time.
- **Nonsurgical treatments help many people feel better and do more, often for a long time.** But for people who have severe hip arthritis, they may not work as well as hip replacement surgery.
- **Hip replacement surgery usually works very well.** After surgery, most people have much less pain and can do more activities.
- **Hip replacement surgery is a major surgery.** Risks aren't common, but they can be serious. Recovery also takes work and time.
- **Most hip replacements last for at least 10 to 20 years.** For some people, it makes sense to delay surgery for as long as they can to reduce the chance of needing to replace the joint again later. On the other hand, if you wait too long to have surgery, you might have a harder time with strength and range of motion after surgery.



Compare Your Options

Hip Replacement Surgery

Nonsurgical Treatments



What's involved

- Major surgery.
- Short hospital stay.
- Physical therapy for several weeks, including exercises you can do at home.
- Most hip replacements last for at least 10 to 20 years. Out of 100 people who have the surgery, 10 will need to have their hip replaced again within 10 years. Hip replacements don't last as long in men and in people who are young or active.

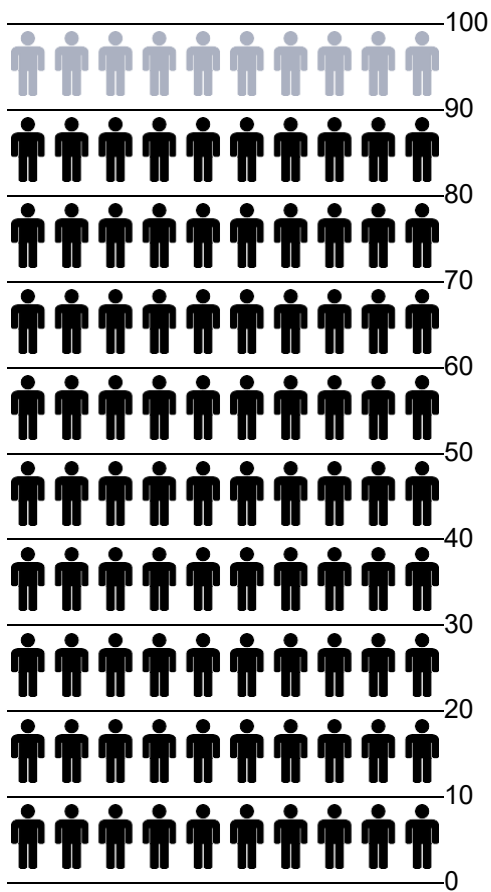
Any or all of these:

- Low-impact exercise like walking or water exercises.
- Physical therapy.
- Pain medicines (pills).
- Steroid shots into the hip joint.
- Acupuncture and massage.
- Dietary supplements.
- A cane or walker.



Pain relief

- Surgery works well for most people. Six months after hip replacement, about 90 out of 100 people have less pain and can do more activities than they could before surgery.

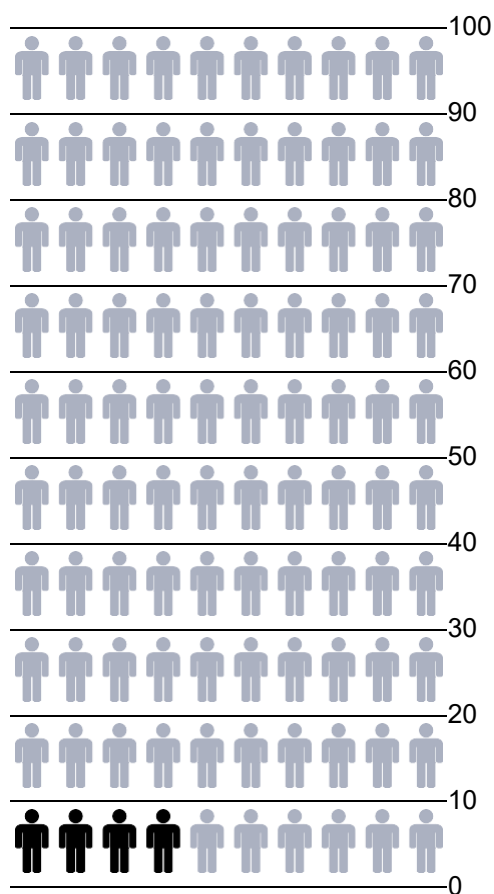


- These treatments work well for some people. For example:
 - Low-impact exercise may reduce pain and stiffness.
 - Using a cane or walker can help you get around better by taking the load off your hip.
- But for severe hip arthritis, nonsurgical treatments may not work as well as surgery.



Risks

- About 4 out of 100 people have a serious complication like a joint infection, a blood clot, or a heart attack within 3 months after surgery.



- If you are older or have other health problems, your risk may be higher.

- In general, these treatments have fewer risks than surgery. Some may have side effects. For example, any medicine used to treat pain can have side effects.



Recovery

- It usually takes people about 3 months to get back to doing most of their usual activities. But it may take a little longer than that for some people.
- It may take 6 to 12 months to make a full recovery and reach your maximum hip strength and range of motion.
- In general, these treatments allow you to keep doing most of your usual activities. But your hip pain may limit how much you can do.



Cost

- The cost of surgery varies. Check your insurance coverage.
- Also think about costs of help you may need during recovery.
- This may include the costs of over-the-counter pills, walking aids, or treatments that your insurance doesn't cover.



Check the Facts

Now that you've read the facts about each option, let's see what you've learned. We've got a few quick questions to find out. If you're not sure about the answers, check the Compare page again. Or you can make a note to ask your doctor for more information.

Which treatment is most likely to provide relief from severe hip pain caused by arthritis?

- Surgery
- Nonsurgical treatments
- Both are about the same
- I'm not sure

If 100 people have hip replacement surgery, about how many will need to have the same hip replaced again within 10 years?

- More than half
- About half
- Less than half
- I'm not sure

Take 100 people who have hip replacement surgery. Six months later, about how many will have less hip pain than they had before the surgery?

- 30
- 50
- 70
- 90
- I'm not sure

Serious complications can happen after hip replacement surgery, including life-threatening blood clots, infections, heart attacks, and even death. If 100 people have hip replacement surgery, about how many will have a serious complication within 3 months after surgery?

- 4
- 10
- 14
- 20
- I'm not sure

After hip replacement surgery, about how many months does it take most people to get back to doing their usual activities?

- Less than 2 months
- 2 to 6 months
- 7 to 12 months
- More than 12 months
- I'm not sure

Avoid taking pain medicine for a long time?

Not at all important

Extremely important

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Avoid a treatment with a long recovery time?

Not at all important

Extremely important

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Your Notes

Questions, concerns, or notes:

Which Way Are You Leaning?

At this time, which treatment are you leaning toward for your hip pain?

- Hip replacement surgery
- Nonsurgical treatments
- I'm not sure

How far along are you with this decision?

- Not yet thought about all the options
- Considering the different options
- Close to choosing an option

Credits and References

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