



Standard Treatment Workflow (STW) HIP OSTEOARTHRITIS

ICD-10-M16. 9

SYMPTOMS & SIGNS

- Pain
 - During or after movement
 - Joint stiffness
 - Tenderness
 - Loss of flexibility & restricted range of hip movement
 - Grating sensation
 - Deformity

PRIMARY

- Very rare

SECONDARY

- Developmental dysplasia of hip
- Osteonecrosis
- Failed reconstruction
- Post-traumatic
- Tuberculosis
- Coxa plana (Legg-Calvé-Perthes disease)
- Slipped capital femoral epiphysis
- Paget's disease
- Hemophilia

MANAGEMENT

CONSERVATIVE MEASURES

- Weight loss
- Non-opioid analgesics (as per need)
- Reasonable activity modification
- Avoid standing for long hours, climbing stairs, squatting, sitting cross legged
- Hip abductor and extensor muscle strengthening exercises and quadriceps exercises
- Ambulatory aids like walking stick

KELLGREN (1963) DESCRIBED 4 GRADES OF HIP OA

- **Grade 1 (doubtful OA)**, Possible narrowing of the joint space medially and possible osteophytes around femoral head
- **Grade 2 (mild OA)**, Definite narrowing of the joint space inferiorly, definite osteophytes and slight sclerosis
- **Grade 3 (moderate OA)**, Marked narrowing of the joint space, slight osteophytes, some sclerosis and cyst formation, and deformity of the femoral head and acetabulum
- **Grade 4 (severe OA)**, Gross loss of joint space with sclerosis and cysts, marked deformity of the femoral head and acetabulum, and large osteophytes

INDICATIONS OF TOTAL HIP REPLACEMENT (THR)

- Patients with osteoarthritis of hip, Kellgren & Lawrence Grade-IV with following clinical features may require surgery after appropriate conservative treatment has failed
- Deformity & pain that significantly limits the activities of daily living
- Disabling hip pains that continues even at rest
- Daily requirements of analgesic
- Bilateral ankylosis of hip joints



ABBREVIATIONS

OA: Osteoarthritis

THR: Total Hip Replacement

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KEEP A HIGH THRESHOLD FOR INVASIVE PROCEDURES