



## HIP OSTEOARTHRITIS

Osteoarthritis is the most common form of arthritis, and the most easily managed. Today, doctors recognize that osteoarthritis pain is caused by inflammation and wear and tear of the joint. Osteoarthritis (OA) of the hip is a result of the degeneration or breakdown of the articular cartilage tissue that covers and protects the bones in the joint. The space between the two bones in the hip, where cartilage used to exist, has narrowed and the bones may be rubbing together. This is often referred to as “bone on bone.”

The degeneration of osteoarthritis is often part of the normal aging process, or it can start early in adulthood if you injure your hip. The constant weight on your hip causes damaged cartilage to deteriorate rapidly, especially if you perform load-bearing work or activities. In many cases, obesity or extra weight on the hip joint can accelerate this degenerative process. One in five adults over the age of 45 has osteoarthritis of the hip, and most people have it by the time they retire. (Ossur/GII Canada)

## VISCOSUPPLEMENTATION

Doctors have found that the synovial fluid in patients with OA is weakened. This discovery has led to a whole new approach in the treatment of OA - a method that doesn't require surgery. It's called Viscosupplementation. For over a decade Viscosupplementation (Sodium Hyaluronate) has been used safely around the world as a safe and drug-free treatment for Osteoarthritis.

Viscosupplementation is injected in to the hip replacing the lubricating and shock-absorbing properties of synovial fluid. This treatment is aimed at decreasing pain, improving mobility

and function and aiding in the return to normal activities. 3-6 months of improvement is considered to be a good result..

## PROCEDURE

Can be done by your family doctor or your referring orthopedic specialist. Contact your doctors office to schedule your injections.

## SINGLE INJECTION

Durolane is the Viscosupplementation injections most commonly requested for Hip injections OrthoHealth. We recommend that you purchase the injection a few days before the date of your procedure.

## SIDE EFFECTS

Minor pain, swelling, and/or joint stiffness localized in the joint. These reactions are quite common with all joint injections and is not statistically different from on injection with a saline placebo.

PRICES		
DUROLANE	3ML SINGLE INJECTION	CONTACT STORE