

OA of the Hip

KEY PREDICTORS

- Greater than 50 yrs of age
- Moderate anterolateral hip pain during weight bearing
- Morning stiffness < 1 hr
- Limited Hip IR and Flexion by more than 15 degrees compared to non-painful side

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Have OA

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Treatment Options



Assistive Device



Weight Loss



Gait/Balance
Training



Manual Therapy



Patient Education



Exercise