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HIP ARTHRITIS

Hips are a prime target for arthritis. The first sign may be an occasional ache, but over time, the pain may become too much to ignore. Millions of Americans have more than 100 different types of arthritis. Osteoarthritis, the most common type, is a leading cause of hip pain. Joints are simply places where bones meet and join together. Those meeting places are cushioned by cartilage, so the bones don't rub right up against each other. When the cartilage is worn away, which is actually the definition of osteoarthritis, the result is a bone-on-bone grind. That grinding hurts. You can feel it walking, sitting, or even laying down trying to sleep.

2

KNEE ARTHRITIS

If your knees ache, they have lots of company. Over 46 million Americans suffer from arthritis. Osteoarthritis is the most common type, and the way it works in the knee is pretty simple. Three bones meet up at the knee joint: the end of the thigh bone (femur), the top of the shin bone (tibia), and the kneecap (patella). Those bones are cushioned by cartilage, but when the cartilage is injured or worn away, which is actually the definition of osteoarthritis, the bones grind against each other. That grinding hurts. You can feel it climbing stairs, working in the garden, or just bending your knees to sit. It may even keep you up at night.

3

DIAGNOSIS

Early diagnosis of arthritis and tailored treatment are crucial in slowing or preventing damage to your joints. Only a physician can determine if you have arthritis based on:

THE OVERALL PATTERN OF SYMPTOMS

MEDICAL HISTORY

PHYSICAL EXAM

X-RAYS AND OTHER IMAGING TECHNIQUES

LAB TESTS

Arthritis is inflammation of one or more joints. A joint is the area where two bones meet. There are over 100 different types of arthritis.

Dr. Scott Foster

Specializing in Joint Replacement including Primary, Complex Primary, Partial Replacement, and Revision Joint Replacement.

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