

Paul D Maitino DO FAOAO Hip Knee Shoulder & sports medicine Oklahoma City OK

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Hip Arthritis/Bursitis Non-surgical Treatment

Non-Surgical Options for Hip Arthritis/Bursitis

NSAIDs: Nonsteroidal anti-inflammatory drugs (NSAIDs) are anti-inflammatory agents that are devoid of steroidal components but effective in relieving the pain & inflammation. They are available in the form of pills, liquids and topical creams and are considered as first-line of agents to relieve arthritic pain. They are available as both over the counter drugs and prescription drugs.

Steroid Shots: These injections of steroids are given directly into the affected joint for severe pain when use of NSAIDs does not bring much relief. Steroids are very strong anti-inflammatory drugs and if used orally cause various side effects on other body systems. Local analgesics that prevent the sensation of pain are sometimes given along with steroids in the same shot to bring relief quickly.

Lubricating Protein Shots: Protein shots are injections of hyaluronic acid injected into the affected arthritic joint. Hyaluronic acid is a naturally occurring lubricating substance found in synovial fluid which is present in between the cartilages of two articulating bones in the joint. Synovial fluid prevents wear and tear in a joint by decreasing friction between the moving surfaces of the bone. In arthritic joints, amount of synovial liquid decreases causing pain & inflammation.

Nutritional supplements

Chondroitin sulfate and glucosamine are naturally occurring substances in the body that prevent degradation of cartilage and promote formation of new cartilage. *Chondroitin sulfate* and glucosamine obtained from animal sources are available as over the counter products for arthritis/bursitis. Apart from these various other nutritional supplements are also available such as calcium with magnesium and vitamin D as a combination, S-Adenosyl-Methionine and Methylsulfonylmethane.

Other treatments

Other treatments available for arthritis/bursitis include disease modifying anti-rheumatic drugs (DMARDs) and biological agents. Biological agents are the antibodies that destroy the agents causing arthritis/bursitis.

