

Managing hip osteoarthritis

This resource was developed for health professionals. It summarises interventions classified in the Royal Australian College of General Practitioners (RACGP) Guideline for the Management of Knee and Hip Osteoarthritis' (2018) as having a "strong recommendation against", "conditional recommendation against", or "conditional (neutral) recommendation" in the management of hip osteoarthritis. For more information, including the overall quality of the evidence pertaining to each intervention, please refer to the Guideline.

RECOMMEND NOT OFFERING:



Medical

- Doxycycline
- Fibroblast growth factor (FGF)
- Interleukin-1 (IL-1) inhibitors
- Oral and transdermal opioids
- Stem cell therapy
- Strontium ranelate
- Viscosupplementation injection

SUGGEST NOT OFFERING:



Medical

- Anti-nerve growth factor (Anti-NGF)
- Bisphosphonates
- Calcitonin
- Colchicine
- Dextrose prolotherapy
- Diacerein
- Methotrexate
- Omega-3 fatty acids

Non-medical

- Cold therapy
- Interferential electrotherapy
- Kinesio taping
- Laser electrotherapy
- Shockwave electrotherapy
- Therapeutic ultrasound

Complementary and alternative

- Chondroitin (alone or with glucosamine)
- Electrical acupuncture
- Glucosamine (alone or with chondroitin)
- Laser acupuncture
- Traditional acupuncture
- Vitamin D

UNABLE TO RECOMMEND EITHER FOR OR AGAINST:



Medical

- Collagen
- Methylsulfonylmethane (MSM)
- Paracetamol*
- Platelet-rich plasma (PRP) injection
- Topical capsaicin
- Topical NSAIDs*

Non-medical

- Arch supports
- Electromagnetic/shortwave therapy
- Formal self-management programs
- Shock-absorbing insoles

Complementary and alternative

- Avocado/soybean unsaponifiables (ASU)
- *Boswellia serrata* extract
- Curcuma/curcuminoid
- Pine bark extract

*It might be reasonable to trial this intervention for a short period and discontinue if not effective