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An elderly with degenerative hip arthritis receives arthroscopic care



臺北市立聯合醫院
TAIPEI CITY HOSPITAL

Objectives

Degenerative hip arthritis is the most common cause of hip pain; it usually occurs on the back of the thighs and around the hips, and it is painful when walking, sitting or even lying down and sleeping. A 75-year-old male patient suffered from unbearable pain while walking and driving on the right hip joint for many years. After diagnosis, he was diagnosed with degenerative hip arthritis by MRI and was hospitalized for arthroscopic surgery.

Methods

Applying ice to the affected limb to improve pain 24 hours after surgery; keeping the wound clean and dry; raising the pillows and moving the toes to avoid peripheral swelling; avoid squatting and going up and down stairs within 2 weeks after operation; encourage intake of vitamin C and high protein foods to promote Wound healing; progressive exercises including foot and ankle pumps, foot and ankle rotation, and hip lifting.

Results

The patient was successfully discharged from the hospital on the third day after surgery, and two weeks after surgery, there was no infection in the wound suture. There was no pain during normal operation at 1 month after operation; joint motion increased joint angle, muscle training reduced edema and increased the strength of peripheral muscle groups, and no muscle atrophy occurred.

Conclusions

Patients with degenerative hip arthritis undergoing arthroscopic surgery should maintain an appropriate weight after surgery to avoid joint injuries caused by trauma and excessive labor. Exercise 2 to 3 times a day for 20 to 30 minutes each time to help promote blood circulation and strengthen muscle Resuming the movement of the hip joint is helpful for the early resumption of daily activities.

Conclusions

Degenerative hip arthritis ; arthroscopy ; strength training

Shih-Chen Yang¹

**Zhongxing
Branch**

