

[IMAGE]

## Getting Hip to Chiropractic

An estimated 85 percent of people between the ages of 55 and 64 suffer from osteoarthritis - a debilitating condition that causes extreme joint pain and stiffness in the knees, hip, hands and spine. But osteoarthritis of the hip can be especially debilitating, since pain around the hip joint can radiate to the groin and thigh and impede walking and other movement.

In a recent small pilot study, researchers assessed the effectiveness of chiropractic manipulation in patients with hip osteoarthritis. Eight patients diagnosed with osteoarthritis or suffering from hip pain were assigned to a chiropractic group or a sham treatment group. Patients in the chiropractic group were assessed for limitation in hip range of motion and joint play restriction, and received chiropractic manipulation six times over a three-week period. Patients in the sham group did not receive any hands-on assessment, but were treated with a device modified to deliver a series of "thrusts" without any real force.

While the sham group reported some positive benefits, the study showed that at least six chiropractic treatments over a three-week period could benefit patients suffering from hip osteoarthritis. Researchers noted, however, that additional research on such treatment for the condition is still warranted.

This study adds to the growing body of evidence that affirms the benefits of chiropractic in treating more than just back and neck pain. If you suffer from osteoarthritis or any other debilitating condition, pain relief may be as close as your doctor of chiropractic.

For more information on senior health, visit [www.chiroweb.com/find/archives/senior](http://www.chiroweb.com/find/archives/senior)

### *Reference:*

Brantingham JW, Williams AM, Parkin-Smith GF, et al. A controlled, prospective pilot study of the possible effects of chiropractic manipulation in the treatment of osteo-arthritis of the hip. *European Journal of Chiropractic* 2003;51(3):149-166.

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