

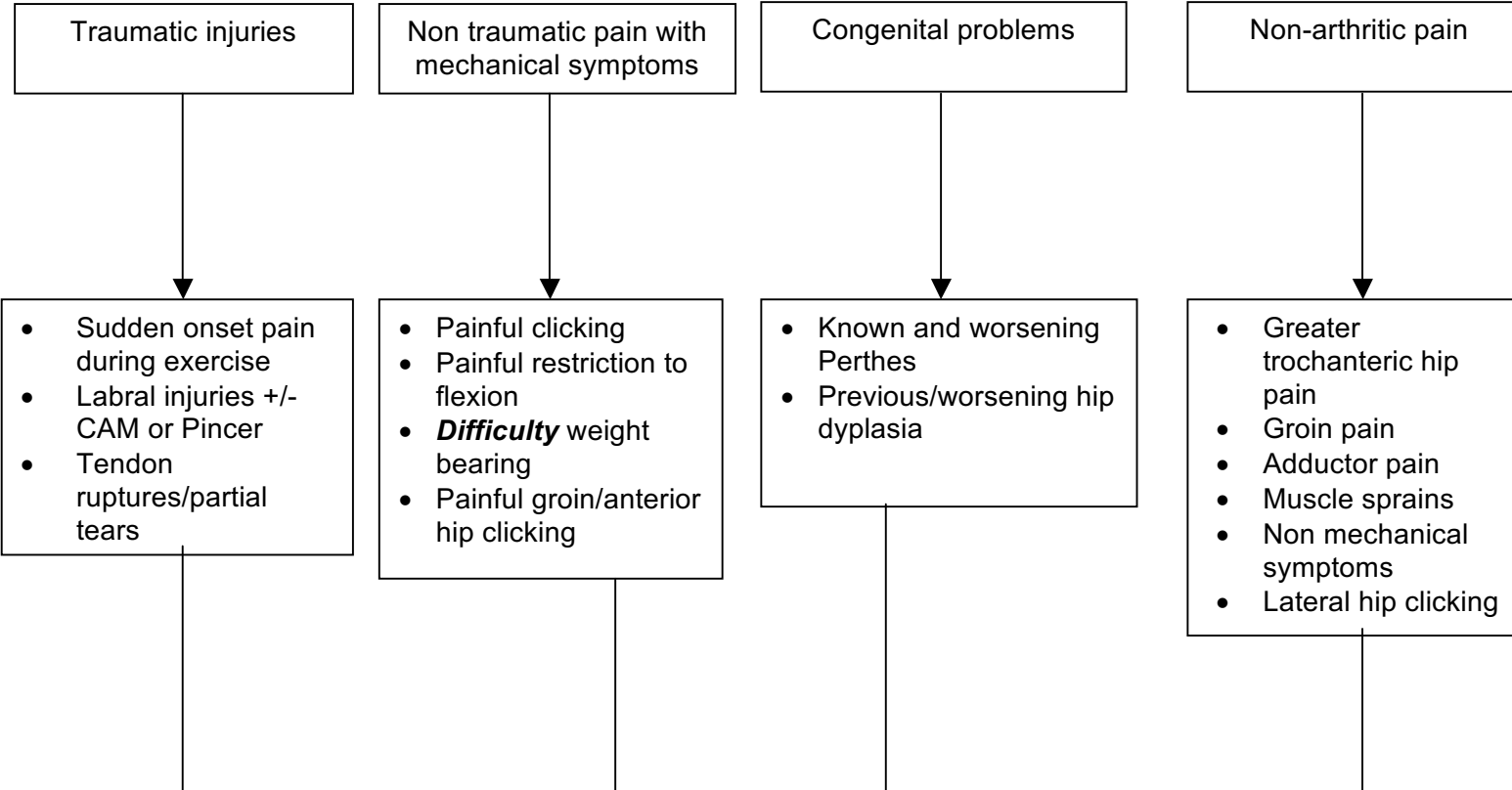
## Red Flags/Surgical referral

- Traumatic Injuries
- **Inability** to weight bear
- New symptoms in a previous arthroplasty
- Abdominal/inguinal hernia (+ve seated Valsalva test)
- Systemic symptoms (fever, night pain, loss of body weight – 30% in < 2/12)

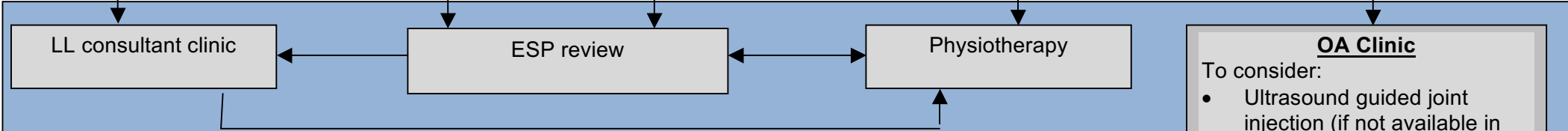
**Patient is referred to the MSK triage service with Hip pain**

Know or suspected OA

- If
- >45 years old
  - Activity related joint pain (groin, inner thigh or deep buttock)
  - < 30 minutes or NO early morning stiffness



- Conservative measure steps in primary care**
- Advice, activity modification, lifestyle change, weight loss (↓by 5% can equal up to 50% less pain).
  - Smoking cessation
  - Surrey iMSK website for self-management advice.
  - Physiotherapy
  - OTC analgesia (paracetamol, Ibuprofen)
  - Prescribed medication (Naproxen, Volterol, Codeine)



- OA Clinic**
- To consider:
- Ultrasound guided joint injection (if not available in primary care)
  - Joint replacement surgery

## MSK SERVICE