



ALASKA NATIVE MEDICAL CENTER



HIP-OTHER

Diagnostic/Treatment Recommendations:

- Hip pain deserves a trial of NSAID protocol for up to 6 weeks before referral.
- Consider Physical Therapy referral in patients for groin strains, buttock pain, or trochanteric bursitis
- Treat trochanteric bursitis with corticosteroid injection.
- Osteoarthritis is treated with weight reduction, supportive aids (ie. Cane, walker, etc.) and oral NSAIDS/Tylenol.

Patient Handouts:

- Hip Fact Sheets, Booklets and Brochures

Referral Guidelines:

- All hip pain patients require an AP pelvis/lateral radiograph of affected hip before referral; please review results.
- Contact ortho on-call for acute hip pain in patients under age 16 (radiographs are required).
- Pain in the buttock is usually referred from the back and is managed per back pain protocol.
- Osteoarthritis patients should have failed conservative treatment prior to referral.
- For urgent hip pain consults please ortho on-call.