Not all possible clinical scenarios are contained within this care map and clinical judgement may supersede the map at any node. This Care Pathway is one of several pathways based on the 2017 Management of Osteoarthritis of the Hip (OAH) Clinical Practice Guideline’s recommendations. Users can customize this pathway based on their local resources to enable a feasible and appropriate pathway for treatment suited towards their practice setting. If you would like your modified pathway to be included on the AAOS OAH web page, please forward to Kaitlyn Sevarino at sevarino@aaos.org for review.
Mild to Moderate Hip Pain: Suspected or Confirmed Osteoarthritis of the Hip

- **Patient presents with hip/groin pain: suspected or confirmed osteoarthritis of the hip**
- **Physical exam of hip to determine hip pain score**
  - **Yes**: Moderate to severe pain
    - **Yes**: Radiographic evaluation
      - **Yes**: Radiographs indicate moderate/severe hip OA
        - **Consider non-narcotic pain management (i.e. NSAIDS), physical therapy, activity modifications, intraarticular corticosteroids and/or assistive devices**
        - **Modifiable risk factors?**
          - **Yes**: Delay surgery until modifiable risk factors are resolved
          - **No**: Medical optimization/perioperative work-up
            - **Yes**: Medically optimized?
              - **Yes**: Consider use of post-operative physical therapy
            - **No**: Consider total hip arthroplasty
  - **No**: Review mild osteoarthritis of the hip care pathway
    - **Yes**: Continue non-operative pain management
      - **Yes**: Pain relief?
      - **No**: Reassess non-operative strategies
        - **Yes**: Medical optimization/perioperative work-up
        - **No**: Consider use of post-operative physical therapy

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**Note:** This care pathway is intended for use by orthopaedic surgeons and physicians managing patients with osteoarthritis of the hip. This care pathway is not intended for use as a benefits determination document.

**The following modifiable risk factors need to be addressed prior to surgical intervention:**
- Obesity
- Poorly controlled diabetes
- Mental health or substance abuse disorders
- Tobacco use
- Opioid use
- Malnutrition

**Various self-administered questionnaires are available to evaluate the patients’ opinion associated with hip pain and problems. These instruments measure items such as pain, symptoms, function, and quality of life, as well as various degrees of motion. These tools may require licensing to use in your clinical setting.**

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