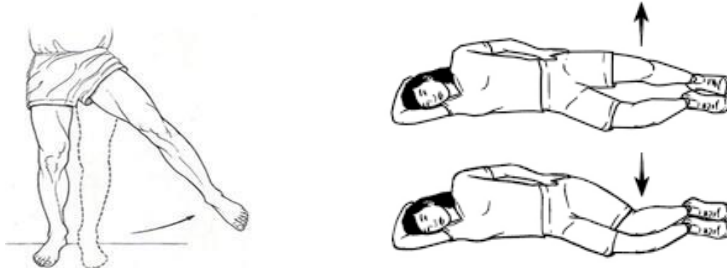


## Hip Pain / Arthritis Treatment Recommendations

### **[ ] Strengthening**

10 repetitions every other day, Increase 10 repetitions per week for a goal of 60 repetitions.



### **[ ] Exercise – 5 minutes per day Monday, Wednesday, Friday OR Tuesday, Thursday, Saturday**

Increase 5 minutes per day per week, goal is to get up to at least 30 minutes per day

May use bike (non-impact) or walk (impact) or alternate between the two

### **[ ] Weight loss** (Goal weight for surgery \_\_\_\_\_ (if indicated))

Goal to lose 1 pound per week, portion control, limit sweets, limit carbs

### **Medications**

[ ] Anti-inflammatories (NSAIDs) - Stop if you develop upset stomach or bleeding occurs.  
Take with food.

1. Ibuprofen (Motrin or Advil) 400 - 600 mg (2-3 pills) with food 3 times a day for 3 – 7 days  
**OR**
2. Naprosyn (Aleve) 1 – 2 pills twice a day with food for 3 – 7 days  
**OR**
3. Voltaren Gel – apply 3 – 4 times a day up to 21 days

### **[ ] Pain reliever – Acetaminophen (Tylenol)**

1. Regular (325 mg) or Extra-strength (500mg)) 2 pills 3 times a day for 3 – 7 days
2. Arthritis strength (650mg) 1 pill 3 times a day for 3 – 7 days

*\*Taken together (Acetaminophen with one of the Nsaids (ibuprofen OR Naprosyn))*

*Or you can purchase Advil Relief*

### **[ ] Other** - Ice, heat, topical ointments may all be used/tried if they help pain/symptoms

You can learn more by reading my **book** 'The Knee Book – A Guide to the Aging Knee' or visit my **YouTube** Channel @DrAdamRosen