

# Unloader<sup>®</sup> Hip Case Study

61-year-old man with insidious onset right groin pain diagnosed with hip osteoarthritis



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## Indication

61 y.o. male presented with 6 months insidious onset right groin pain without preceding incident or trauma. He particularly noted pain upon leaning forward, stretching, and especially when he walked. Pain also was worse when he bowled. He limped with prolonged activities, such as walking his dog. His PCP referred him to me and upon presentation to my office, his physical exam was notable for right hip pain-limited internal rotation and flexion. The remainder of his musculoskeletal examination including his lumbosacral spine, and right knee were within normal limits.

## Diagnostics



Right hip X-ray revealed hip osteoarthritis (acetabular sclerosis, subchondral cystic degeneration and marginal osteophytic lipping, a small collar of femoral neck osteophytic lipping) and a femoral neck pistol-grip type contour.

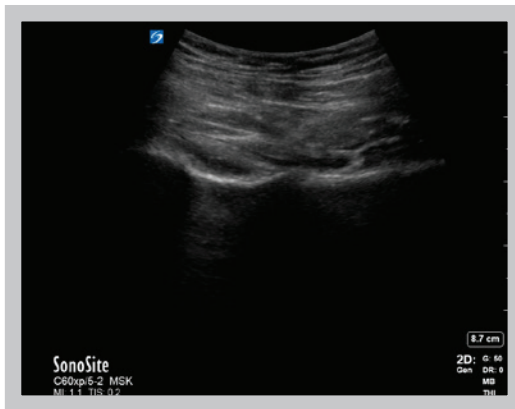


UNLOADER<sup>®</sup> HIP

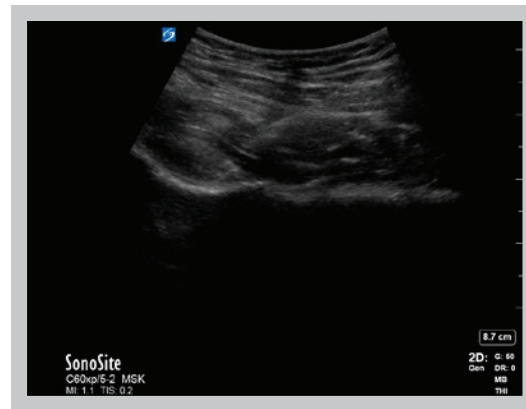
## Treatment Overview/Goal

An ultrasound-guided lidocaine/corticosteroid injection into his hip joint using an anterior capsule approach yielded immediate 90% pain relief with passive hip internal rotation and ambulation.

He was also enrolled in a physical therapy program for hip-girdle muscle strengthening, stretching and aerobic conditioning.



In-plane longitudinal: start of injection.



In-plane longitudinal: at end of injection.

## Reasons to use the Unloader Hip Brace

The Unloader Hip brace was used in this case given the fact that the corticosteroid injection and therapeutic exercise provided only partial relief and the patient strongly desired to continue to perform his main advocational activities (i.e. bowling and walking his dog). The patient also preferred to avoid pain medications.

## Clinical Outcome

At follow-up in March 2017, he reported very good pain relief when utilizing the Unloader Hip brace during bowling, especially when targeting a “Flat 10”, and when walking his dog. The Unloader Hip brace also allowed him to work in a more pain-free manner. He also noted that because of the brace, he did not need pain medications.

## Conclusion

The Unloader Hip brace is a potential non-surgical treatment option that can be used in conjunction with other treatments including but not limited to oral analgesics, corticosteroid injections, and therapeutic exercise. In addition to providing pain relief, the Unloader Hip brace can help to maintain function with respect to both vocational and advocational activities.

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