

FLAGSTAFF BONE and JOINT

Frank Maher, MD Bert McKinnon, MD Darius Moezzi, MD Amber Randall, MD
Sports Medicine Joint Replacement General Orthopaedics

Hip Arthritis

Amber Randall, MD



Osteoarthritis is a common cause of hip pain. Symptoms include an ache in the upper part of the thigh, loss of motion, and difficulty performing daily tasks such as putting on socks and shoes. Reasons for developing arthritis are varied, but include inherited conditions and “wear and tear” degeneration. Younger people may develop arthritis as a result of hip dysplasia at birth, avascular necrosis (joint and tissue damage), or trauma, including a previous hip or pelvic fracture.

Arthritis is diagnosed by a thorough medical history and physical examination, as well as x-rays. Once diagnosed, there are many different forms of treatment, depending on the stage of the disease and the wishes of the person who has the arthritis. In its early stages, hip arthritis may be managed well with medications. Younger people may benefit from certain types of operations that realign the joint without replacing it. It is important, despite the stage of the disease, to remain as active as possible. Once it has become impossible to continue doing the activities necessary in everyday life, joint replacement may be appropriate.

Most people who are healthy enough for surgery and who have advanced arthritis which, despite non-surgical interventions, interferes with daily living, may be candidates for hip replacement. As with any operation, there are risks and benefits which must be discussed with your surgeon. For most people, hip replacement surgery provides a lasting solution to the pain and limitations of hip arthritis. Many people who have had their hip replaced continue to participate in pastimes such as playing golf, hiking, bicycling, skiing, and other moderate activities. If you have any questions about hip arthritis, please ask your doctor for a referral to an orthopaedic surgeon to discuss the possibilities for treatment.

Dr. Randall specializes in primary and revision joint replacement procedures, including care of the younger arthritis patient, as well as nonoperative evaluation and treatment. She is currently accepting new patients for hip, knee, and shoulder disorders, and general orthopaedics.



To schedule a same or next day appointment please call: 928.773.2534. To learn more about Dr. Randall visit our website at www.flagstaffboneandjoint.com.

Same or next day appointments
77 West Forest Avenue, Suite 301
928.773.2534