



*Musculoskeletal*

## **Hip osteoarthritis and mobilisation with movement**

### **Immediate effects of MWM's in patients with OA of the hip**

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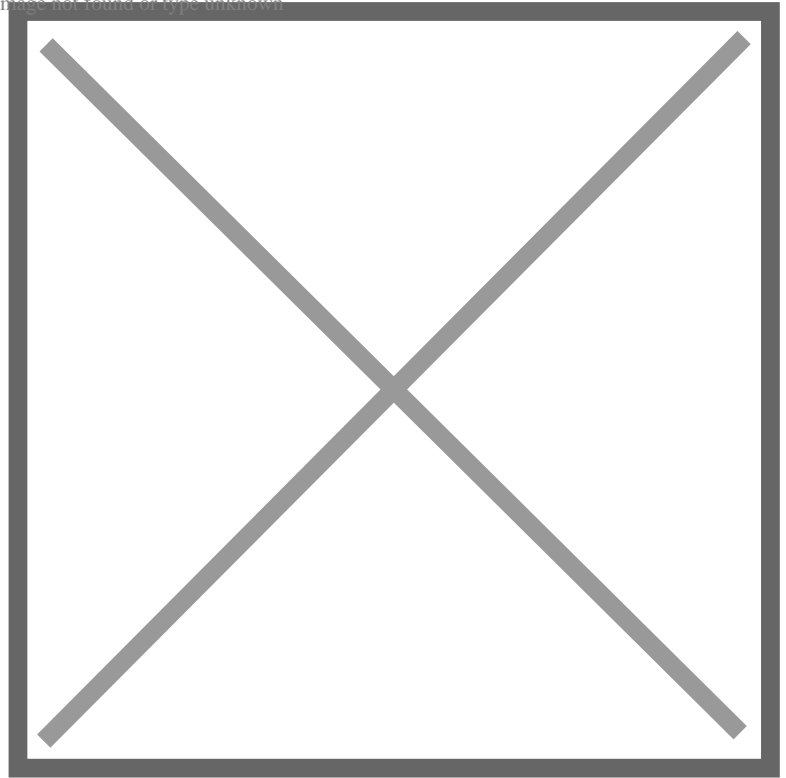
Mobilisation with movement (MWM) are a common treatment method used to improve joint range of motion and decrease pain. Little research, however, has been conducted on patients with symptomatic osteoarthritis of the hip. The primary purpose of this study was to determine the immediate effects of a lateral glide MWM on the hip joint. The authors found that a single session of MWM's had a significant effect on reducing pain and improving function.

The study was a double blind, randomised, placebo controlled study with 40 patients (mean age 78). A lateral glide, seatbelt MWM was performed first into flexion then into internal rotation. 3 sets of 10 repetitions of each movement was performed with a 1 minute break between each. Patients in the placebo group received the same setup, however no pressure was applied to the belt. The outcome measures were resting pain, pain free ROM of flexion and internal rotation, timed up and go test, 30 second sit to stand test and 40m self-paced walk test. There was a significant difference between the intervention and control groups for all outcomes.

This study provides evidence that a lateral glide MWM can result in short term pain relief and improved function in patients with hip OA. Future research should involve long term follow up with multiple treatment sessions.

Are the immediate improvements following an MWM explained by physical changes in capsular/pericapsular structures, a neuromodulation effect, or a combination of both?

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