

# Osteoarthritis Hip / Knee

## Presentation

### Hip Symptoms:

Pain in the region of groin / buttock / lateral thigh / SIJ / lower back pain

Can refer to distally to knee

### Knee Symptoms:

Pain around knee region

### General Symptoms:

Reduced range of movement

Increases with activity / non-specific

50+

Possible sleep disturbance

Advice re: weight management / Exercise / Analgesia

Referral to Physiotherapy

No Better

Xray / Secondary Care

