

Transient Osteoporosis of the Hip

Transient osteoporosis of the hip isn't a common condition. It causes temporary loss of bone in the upper part of the thighbone. People who have this condition will often experience a sudden rush of pain that gets worse with walking or engaging in other weight-bearing activities. In many instances, the pain will increase over time and end up becoming disabling.

Painful symptoms will slowly subside and often go away within six to 12 months. Bone strength within the hip will also return to its original state in most people. Regardless of the name, transient osteoporosis of the hip is quite different than age-related osteoporosis. Age-related osteoporosis is a progressive condition that is painless. It leads to bone weakening throughout the entire body. Unlike that of transient osteoporosis, it can end up putting people at an increased risk of fracturing other areas of the body.

Transient Osteoporosis of the Hip Anatomy

The hip is a ball and socket joint connecting the thigh bone (femur) to the pelvis socket. It allows the leg to move. The hip joint is composed of multiple parts, including that of the lesser and greater trochanters. The greater trochanter is the place where countless muscles from the buttocks allow and meet to promote hip abduction and movement from one side to the other. When it comes to the lesser trochanter, this is the point where the iliopsoas muscle is attached to the hip joint to provide for forward movement within the leg, which is otherwise referred to as hip flexion.

How to Treat Transient Osteoporosis of the Hip:

1. Non-Steroidal Anti-Inflammatory Medication

A non-steroidal medication can help to relieve some of the inflammation and pain that you are currently dealing with.

2. Physical Therapy

To help maintain flexibility and strength in the muscles that support the hip, you might need to do a series of exercises as the pain continues to get better. Water exercises are often helpful in that they allow you to easily move, but also because they allow you to bear weight on the joints.

3. Nutrition

Eating properly, including consumption of calcium and vitamin D, can help to promote the healing process and allow your bone to begin rebuilding.

4. Weight Bearing Restrictions

It might be necessary for you to limit or completely eliminate any weight-bearing activities. Using a cane, crutches or a walker can help to relieve some of the stress placed on the hip from bearing weight on it. It can also prevent fracturing the already weakened bone.

Tips:

- When the small blood vessels surrounding the hip are obstructed, transient osteoporosis of the hip can occur.
- If you are going through changes in your hormones, you might end up suffering with this condition.
- Abnormal mechanical stresses on your bone can also cause the hip to weaken.
- Even though the condition occurs most often in the hip joint, it can also occur in the foot, ankle and knee.
- When the bone is weak, there is a greater chance of a fracture occurring, so you need to exercise caution.