

# Conservative treatment of osteoarthritis of the hip

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**EFORT, Berlin 23-26-5-2012**

**EHS program, 2 hours**

Chairmen Martin Krismer, Luigi Zagra

<b>Title</b>	<b>Alloted time (min)</b>	<b>Speaker</b>
<b>Introduction</b>	5 min	Martin Krismer
<b>Lifestyle Changes (weight loss, exercises), nutrition and nutraceuticals</b>	17 min + 5 min discussion	Werner Siebert
<b>Pain treatment (NSAID and opioids) and SYSADOA (symptomatic slow acting drugs for osteoarthritis)</b>	17 min + 5 min discussion	Martin Krismer
<b>Rehabilitation (physiotherapy, traction, aquatic exercises, thermotherapy)</b>	17 min + 5 min discussion	Gösta Ullmark
<b>Intraarticular injections, infiltration, acupuncture</b>	17 min + 5 min discussion	Bart van Backle
<b>A stepwise approach for conservative treatment of osteoarthritis of the hip</b>	17 min + 5 min discussion	Kjeld Søballe
<b>Summary</b>	5 min.	Luigi Zagra

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