

Specific Question:

In adults with lateral hip pain post Total Hip Replacement (THR) (anterior lateral approach), is physiotherapy more effective in reducing pain and improving function than corticosteroid injection?

Clinical bottom line

Search results produced no studies comparing physiotherapy intervention and corticosteroid injection to improve pain or function in adults with lateral hip pain post THR. Current clinical practice should remain unchanged due to the lack of evidence.

Why is this important?

Lateral hip pain occurs in 4.4 % of post-surgical THR patients (Iorio et al 2006). These patients are often referred to physiotherapy as part of their post-operative care, some receive corticosteroid injections. We wanted to look whether physiotherapy was more effective than corticosteroid injection for reducing pain and improving function.

Inclusion Criteria

	Description	Search terms
Population and Setting	Adults , lateral hip pain in Post-surgical THR(anterior lateral approach)	Adult, THR , lateral hip pain, anterior lateral approach
Intervention or Exposure	Physiotherapy	Physiotherapy, strengthening, gluteal muscle stretching, gluteal muscle strengthening exercises
Comparison, if any	Corticosteroid injection	Corticosteroid injection, steroid injection Kenalog , Depomedrone, Triamcinolone, Methylprednisilone
Outcomes of interest	Pain , function, mobility	
Types of studies	SR RCT	

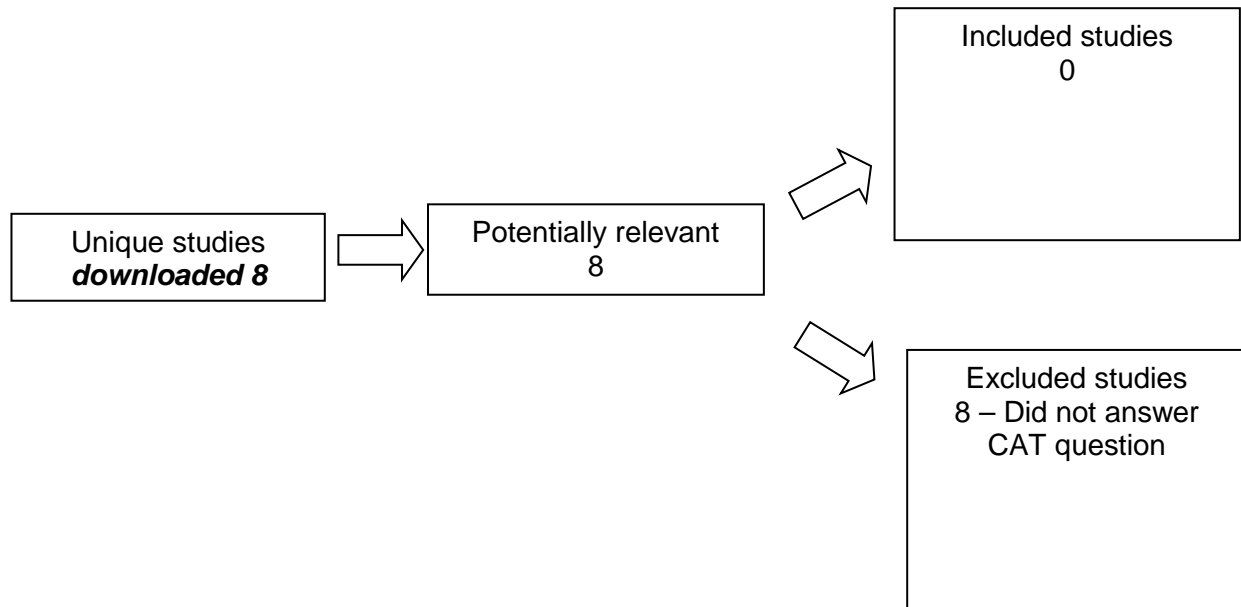
Getting Evidence into Clinical Practice:
Musculoskeletal Research Facilitation Group (CAT Group)
Date: February 2017

Routine Databases Searched

Medline, Cinahl, Embase, AMED – up to 2016

Date of search- 18 November 2016

Results of the search



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Implications for Practice/research

No studies comparing physiotherapy intervention with corticosteroid injections in the treatment for post-surgical lateral hip pain in the THR patients were found.

What would you tweet?

“Physiotherapy or injection for lateral hip pain following THR? No good evidence to guide practice”

References

Iorio R, Healy WL, Warren PD, Appleby D J 2006 Lateral trochanteric pain following primary total hip arthroplasty. *Arthroplasty*. Feb;21(2):233-6.
DOI: 10.1016/j.arth.2005.03.041