

# AAOS approves diagnostic and treatment criteria for osteoarthritis of the hip

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The American Academy of Orthopaedic Surgeons (AAOS) Board of Directors approved new Appropriate Use Criteria (AUC) for Management of Osteoarthritis of the Hip.

The AAOS AUCs provide clinicians with algorithms on how to optimally treat an orthopaedic injury or condition, including hypothetical scenarios and possible treatments, ranked for appropriateness based on the latest research and clinical expertise and experience.

The new AUC supports the Clinical Practice Guideline, "[Management of Osteoarthritis of the Hip](#)" that strongly recommends:

- The use of pre-surgical treatments to ease pain and improve mobility, including corticosteroid injections, physical therapy and non-narcotic medication (specifically acetaminophen, non-steroidal anti-inflammatory drugs or tramadol) for pain.
- Both anterior and posterior approaches for [total hip replacement](#) (THR) surgery.

In addition, the new criteria highlight when "hip replacement may be appropriate even when patients have modifiable risk factors, such as obesity, [mental health disorders](#), smoking and diabetes," said Robert H. Quinn, MD, AAOS AUC section leader on the Committee on Evidence-Based Quality and Value.

For example, "some [patients](#), who have worked closely with their

medical team to best mitigate these risk factors, might be considered on an individual basis" for surgery, said Dr. Quinn. "In these instances, the doctor and patient must weigh the benefits and risks of surgery. At the end of the day it's one surgeon and one patient, and hopefully both are considering the optimal treatment, based on the patient's particular condition and diagnosis."

The AUC and CPG, "Management of Osteoarthritis of the Hip," are available through the [AAOS OrthoGuidelines](https://www.aaos.org/orthoguidelines) website and mobile app.

Provided by American Academy of Orthopaedic Surgeons

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