

## Special Needs information sheet: “Hip diseases and malformations”

### 1 Studying with hip problems

The hip is a ball-and-socket joint which connects the torso with the thighs and is crucially involved in the sweeping movements of walking, turning and bending.

Widespread restrictions in the hip joints are coxarthrosis, hip dysplasia and femoral neck fractures.

- Coxarthrosis is caused by wear and tear on the hip joint and makes itself felt through the abrasion of the cartilaginous layer between the femoral head and the hip pan. This means that the joint is unable to function as a shock absorber, the bones rub on each other, and this can change the shape of the femoral head and the hip pan. Coxarthrosis can be very painful.
- Hip dysplasia is a congenital malformation of the hip joint: the hip pan is usually too flat and at too steep an angle in relation to the cervix, which means that the femoral head cannot adequately centre itself in the pan. The resulting misloads can lead to premature wear and tear on the joint, which is very painful.
- Femoral neck fractures are usually caused by a fall. This bone fracture entails the risk of femoral head necrosis: owing to the disruption of the blood supply, the femoral head may regress.

### 2 Possible effects of hip problems

- In the case of any flexion, particularly when seated, an angle of at least 90° should be maintained. Therefore sitting on soft upholstery, as well as on deep or low seats must be avoided. If possible, sitting wedges should be used as a support.
- Long periods of sitting should be interrupted by regular intervals of exercise.
- Abrupt movements, strong abductions and the lifting of heavy loads must be avoided.
- Walking on snow and ice, as well as on uneven ground, can be critical for hip patients.

Adjustments for examination situations will be arranged for in writing after clarification.

Procedures are described on the Special Needs website:

[www.unisg.ch/de/universitaet/hsgservices/beratung/beratungsstellen/special+needs/nachteilsausgleich](http://www.unisg.ch/de/universitaet/hsgservices/beratung/beratungsstellen/special+needs/nachteilsausgleich)

### 3 Contact

If you have any questions or concerns, please contact the Special Needs Advice Center:

Special Needs Advice Center: [specialneeds@unisg.ch](mailto:specialneeds@unisg.ch), +41 71 224 31 91

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