

BACK IN THE SADDLE

Because your passion for riding deserves expert care that keeps you moving with confidence



There are few feelings more rewarding than spending time in the saddle. Whether it is an early morning hack through the Cotswold countryside, competing at local events, or simply enjoying the companionship of your horse, riding is far more than a hobby, it's a way of life.

Unfortunately, many riders quietly accept hip or knee pain as something they simply have to live with. They adapt how they mount, shorten rides, rely on painkillers, or stop riding altogether, believing it's just part of getting older. It doesn't have to be.

At the Cotswold Knee and Hip Clinic, we regularly see patients who have spent months or even years, living with discomfort before seeking advice. Many are surprised to discover there are now far more treatment options available than ever before, and that surgery is often not the first step.

Why riding can become uncomfortable
Horse riding places unique demands on both the hips and knees. Maintaining balance, absorbing movement through the joints and

repeatedly mounting and dismounting can aggravate underlying conditions. Common causes include:

- Osteoarthritis
- Meniscus (cartilage) tears
- Ligament injuries
- Tendon problems
- Hip impingement
- Bursitis
- Sports injuries
- Previous fractures or trauma

Pain may start gradually, perhaps just stiffness after riding or aching later in the evening. Over time, many people begin noticing discomfort walking the dog, climbing stairs, getting in and out of the car or simply standing after sitting for a while. These are signs that shouldn't be ignored.

Early assessment matters

One of the biggest misconceptions is that severe pain must be present before seeing a specialist. In reality, assessing a problem early often allows treatment before significant joint damage occurs. Modern imaging, careful clinical examination and a personalised



treatment plan can frequently prevent symptoms from progressing.
Not every patient needs an operation. In fact, many improve with non-surgical treatment.

Conservative treatment options

Treatment is tailored to the individual and may include:

- Physiotherapy
- Activity modification
- Strengthening exercises
- Weight management
- Anti-inflammatory medication
- Ultrasound-guided injections

One of the most exciting recent developments for suitable patients with knee osteoarthritis is Arthrosamid, an innovative hydrogel injection. Interestingly, the technology behind Arthrosamid was first developed within veterinary medicine, where similar hydrogel materials demonstrated excellent durability in treating joint problems in horses before being adapted for human use.

Unlike steroid injections, which may provide relatively short-term relief, Arthrosamid is a non-biodegradable hydrogel that integrates into the lining of the knee joint. Clinical studies have shown many patients experience significant pain relief and improved function that can last for several years.

For the right patient, it may delay or even avoid the need for knee replacement surgery. As with any treatment, it isn't suitable for everyone, which is why a thorough assessment is so important.

When surgery becomes the best option

Sometimes arthritis has progressed to the point where conservative measures no longer provide sufficient relief. When that happens, modern joint replacement surgery can produce life-changing results.

Mr Nadim Aslam specialises exclusively in hip and knee surgery and is recognised for his expertise in robotic-assisted joint replacement using Mako technology. This advanced system allows surgery to be planned using a personalised 3D model, helping optimise implant positioning and accuracy.



Mr Aslam specialises in hip and knee surgery and is recognised as the number one robotic knee and hip surgeon in Great Britain for private practice (2025) using Mako technology.

For many patients, the goal isn't simply replacing a joint, it's returning them to the activities they love, whether that's riding, walking across the fields, playing golf, gardening or enjoying time with grandchildren.

Don't wait until you stop doing what you love

One of the saddest conversations we have is with patients who tell us they gave up riding years ago because they thought nothing could be done. Today, that's rarely the case.

The earlier you seek expert advice, the greater the opportunity to explore treatments that may relieve pain, improve mobility and help maintain an active lifestyle.

If hip or knee pain is affecting your confidence, your enjoyment of riding or your everyday life, don't assume it's simply something you have to accept. There are

solutions available, and the first step is understanding which option is right for you.

Our concierge service

At the Cotswold Knee and Hip Clinic we pride ourselves in offering a truly personal concierge service. From initial enquiry through to consultation, treatment and recovery, our dedicated team will guide you every step of the way ensuring your experience is seamless, reassuring and tailored to your individual needs. For further information please contact us using the details below.

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