

Don't Let Hip Pain Interfere With Life

Advanced hip replacement techniques make recovery shorter and less painful

If you've experienced hip pain, you know it's difficult to walk, climb stairs or even pick an object up from the floor.

The hip, one of the main weight-bearing joints in the body, has two parts - a ball and rounded socket. In a healthy joint, the surfaces are lined with cartilage and fluid which allow for smooth gliding of the ball within the socket joint.

Hip joint pain can be caused from deformity and a direct injury, but most commonly it's from osteoarthritis, where the healthy cartilage wears down over time, resulting in bone rubbing on bone and pain.

Treatment often begins with pain medication and physical therapy, but generally the pain

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Thomas Hoerner, MD Holy Family Hospital Orthopedic Surgeon

becomes debilitating, and eventually requires hip replacement surgery.

Fortunately, advances in hip joint surgery at Holy Family Hospital mean less pain, and a shorter recovery time for patients.

For over 30 years, traditional hip replacement surgery involved a large incision on the patient's back or side, detachment of muscles, significant rehabilitation, and precautions about movements, such as, don't cross your legs, don't bend more than a right angle, don't turn feet inward or outward, and sleep with a pillow between your legs.

The new minimally invasive direct anterior approach allows the surgeon to enter the hip from the front of the body, so muscles and tendons are not cut, and the incision is smaller. Because the muscles are preserved, there is a shorter recovery period and less of a need for rehabilitation and assistive equipment such as a cane or walker.

Less disruption of muscles and tendons means the chances of dislocating the joint following

surgery are less, so precautions about movement are not always required.

“The anterior approach allows for a good view of the hip socket and preserves all muscles,” said Orthopedic Surgeon Thomas Hoerner, MD, an early adopter of the anterior hip replacement technique. “One does not have to use a

specific implant for this approach and patients undergoing the anterior hip replacement often experience a quicker recovery and shorter hospital stay than with other techniques.”

Although the direct anterior approach may make sense for some patients, only your surgeon can help you decide what is best for you. Talk with your doctor if you have any questions about the direct anterior approach for total hip replacement or hip replacement in general.

“I use a minimally invasive approach whenever it will give the best result for the patient,” said Orthopedic Surgeon Barry Bickley, MD. “The direct anterior hip replacement is relatively new, so it's important for patients to find an experienced surgeon skilled in appropriate patient selection. While many patients are candidates for this technique, it should be used selectively.”

Upcoming MAKOplasty Seminar with Thomas Hoerner, MD, see Page 8 for details.

Anterior Approach Hip Replacement Surgery

Potential Benefits

- Decreased hospital stay
- Smaller incision
- Less scarring
- Reduced muscle disruption
- Shorter recovery time
- Quicker rehabilitation
- Reduced post-operative pain
- Reduced risk of dislocation
- A more natural return to normal function and activity

MAKOplasty® minimally invasive anterior approach hip replacement surgery

A key component to the long term success of a hip replacement is the most accurate placement of the hip implant during surgery. Accurate placement can be accomplished using traditional methods, or with MAKOplasty® - an innovative, surgeon-controlled robotic method which ensures the most accurate placement, reducing the likelihood of hip dislocation, and more consistent leg length, potentially decreasing the need for a shoe lift. This state-of-the-art alternative is performed by specially trained, MAKOplasty®-certified orthopedic surgeons at Holy Family Hospital.