

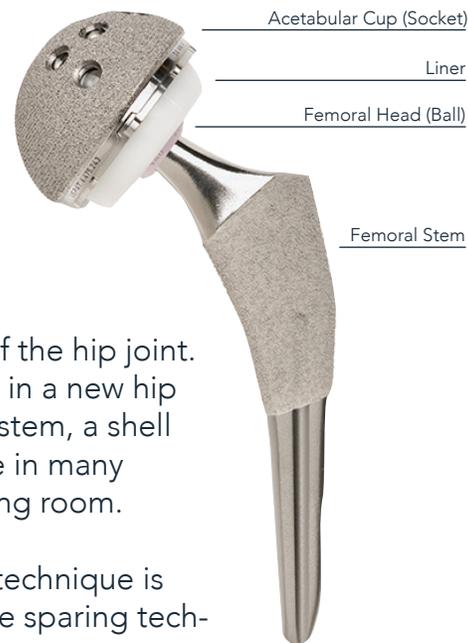
Hip Replacement

The hip is your body's largest weight-bearing joint. This joint is also called a ball-and-socket joint. The ball is the upper end of the thigh bone (or femur), which fits into the socket (or acetabulum) at your pelvis. In a normal hip, cartilage covers the ends of these bones and cushions the hip joint for smooth, pain-free movement. When a hip is arthritic, the cartilage wears away, causing the bones to grind together. This produces pain and loss of motion.

Total hip replacement surgery involves removing the diseased portion of the hip joint. An artificial hip, known as a prosthesis, replaces it. There are four pieces in a new hip implant: a stem which fits into your thigh bone, a ball on the end of the stem, a shell that fits into your pelvis and a liner that snaps into the shell. These come in many different sizes, like your own hip, and I custom fit your hip in the operating room.

Having an experienced hip replacement surgeon is important. Surgical technique is critical to the success of a hip replacement. I use a soft tissue and muscle sparing technique, specifically the direct superior approach, since 2007. I did the direct anterior, two incision and standard posterior approaches, prior to that. My goal is for you to have a short recovery, a low complication rate and a well functioning prosthesis long term. Many hip implants are functioning well for more than 15 years even in young and active patients.

In addition to less invasive surgical techniques and improved implants, perioperative care and rapid rehabilitation is much different today than in the past. Today, the average length of stay after a total hip replacement is one to two days in the hospital. Some patients can even be done safely as an overnight, 23 hour stay. Early return to function is encouraged. I allow all activities except repetitive running and jumping.



Overall, total hip replacement is one of the most effective operations offered to patients today. It is reliable and durable and allows you to return to a better quality of life by decreasing your pain and improving your function.