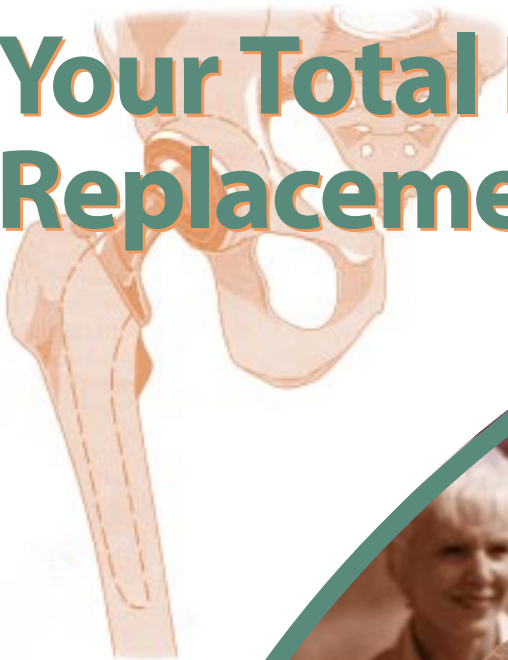


FLORIDA
Musculoskeletal
INSTITUTE

Your Total Hip Replacement



Your Total Hip Replacement

A total hip replacement is an operation to replace the worn or damaged parts of your hip joint. The surfaces of the diseased joint are removed and replaced with a mechanical, artificial joint that is called prosthesis. This surgery can relieve the pain and stiffness in your hip joint. Our orthopaedic joint replacement surgeons are dedicated to performing state-of-the-art hip replacement procedures to improve function and eliminate pain in diseased joints. Pain in your hip or leg prevents you from doing your usual activities. Your x-rays show irregular surfaces at the hip. When more conservative treatments like medication can no longer relieve your pain and disability, it is time to consider having a total hip replacement.



Your orthopaedic surgeon will usually encourage you to use your new joint as soon as possible after your operation. Patients will often stand and begin walking the day after surgery. You will initially walk with a walker, then crutches or cane. Most patients have some temporary pain after joint replacement as the tissues heal and muscles regain strength. This pain should go away in a few weeks or months.

With your new hip replacement (also called arthroplasty) and the help of your orthopaedic team, you may be able to resume some of the activities you once enjoyed. You may be permitted to go on long walks, dance, play golf, garden and ride a bicycle. Total joint replacement has an excellent track record for improving quality of life, allowing greater independence and

reducing pain. Nationally, more than half a million total joint replacements are performed each year.

Who Is A Good Candidate For Hip Replacement?

Total hip replacement can benefit patients suffering from a variety of hip problems caused by disease, injury, or wear and tear from a lifetime of activity. It has helped patients suffering from:

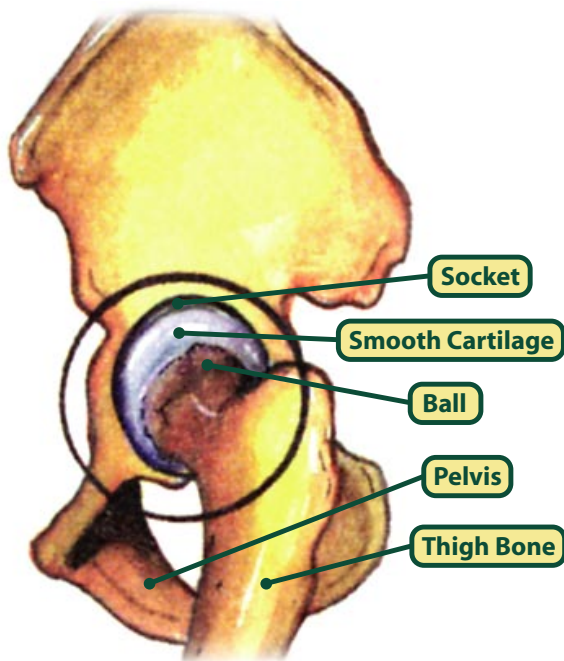
- A disabling hip fracture or injury.
- Loss of blood supply to the hip.
- Bone diseases such as osteoarthritis (where cartilage covering the ends of bones wears away, causing them to grind together).



Not all problem hips need replacement surgery. Joint replacement is done only after your orthopaedist has carefully diagnosed your hip problem, and when other treatments have failed to improve your condition. In most cases, a program

of exercise, physical therapy, walking aids, or medications is tried before surgery is considered.

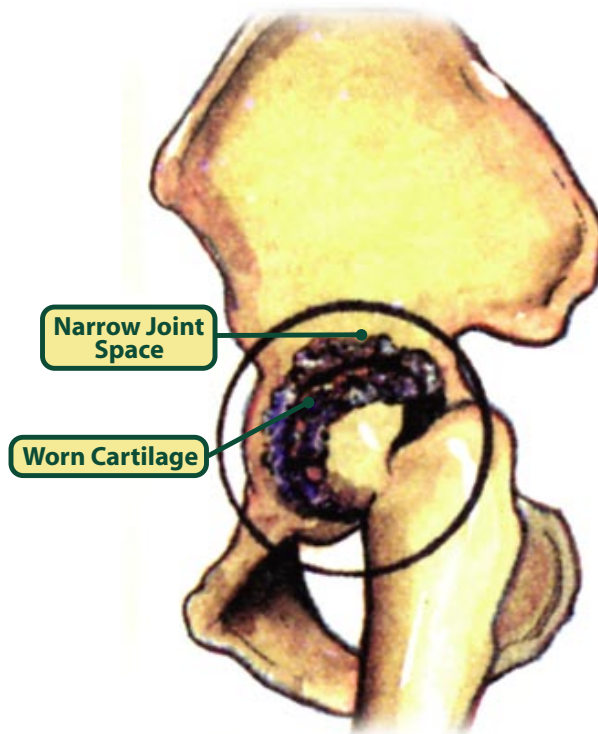
The Normal Hip Joint



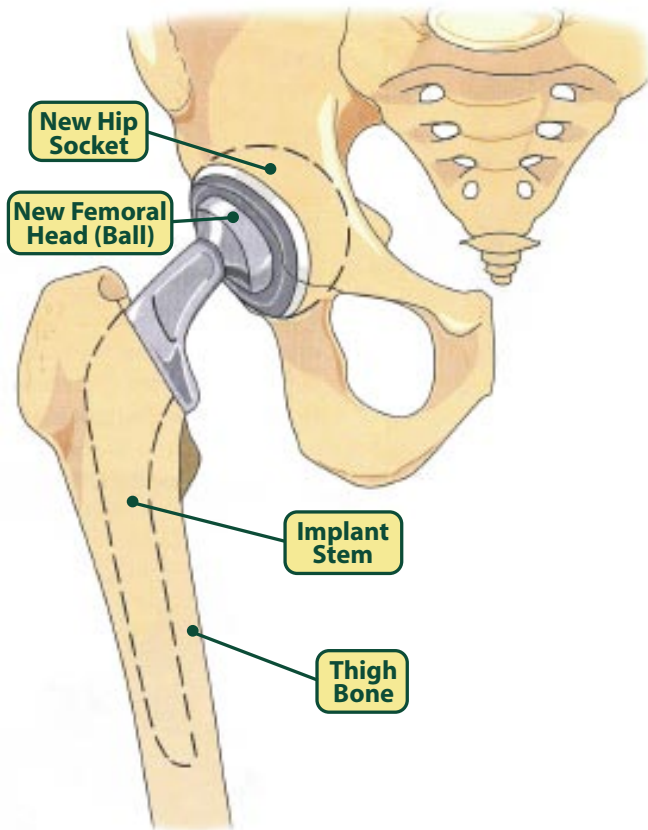
Your hip is a ball and socket joint where the thighbone (femur) meets the pelvis (hip bone). A healthy hip has layers of smooth cartilage that cover the ball-shaped end of the femur and socket part of the pelvis. The cartilage acts as a cushion and allows the ball of the femur to glide easily within the socket of the pelvis. The muscles around the joint support your weight and help move the joint smoothly so that you can walk without pain.

The Degenerated Hip Joint

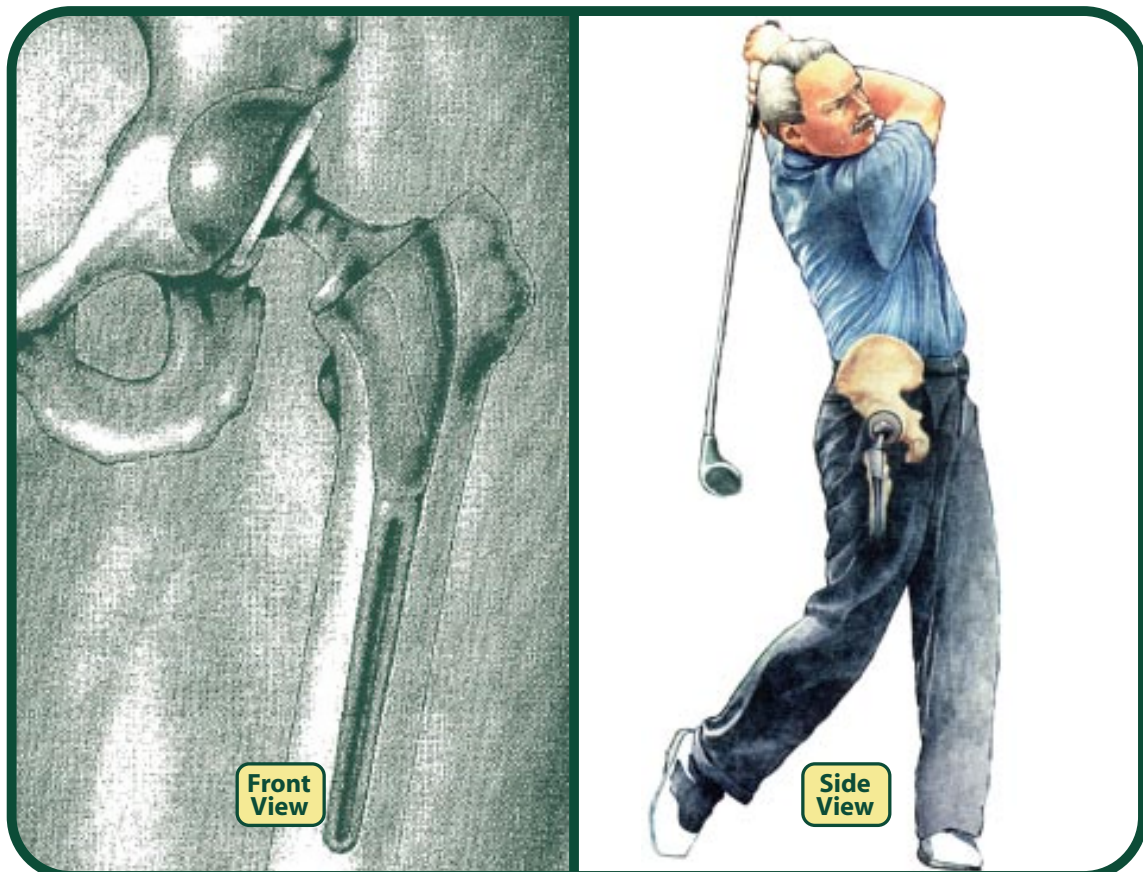
The smooth cartilage layers can wear down on the ball of the femur and within the pelvic socket. This is called degeneration. It can happen because of arthritis, injury, or as a side effect from medicines, such as steroids. When the joint wears down, the smooth surfaces become rough and irritated like sandpaper. Instead of gliding smoothly with leg movement, the ball grinds in the socket causing pain and stiffness, which causes decreased movement.



Your Replacement Hip Prosthesis



Your new hip prosthesis has femur and pelvic parts made from metals and plastics. The cup (or socket) replaces the worn hip socket of your pelvis. The ball replaces the worn end of your thighbone (femur). The ball is attached to a stem that fits into your femur. The cup and stem are sometimes cemented in place with special bone cement, or the metals may have a porous surface that bone will grow into and create a tight fit. The prosthesis has smooth surfaces that fit together and allows the ball to move easily and painlessly within the socket, much like a healthy hip.



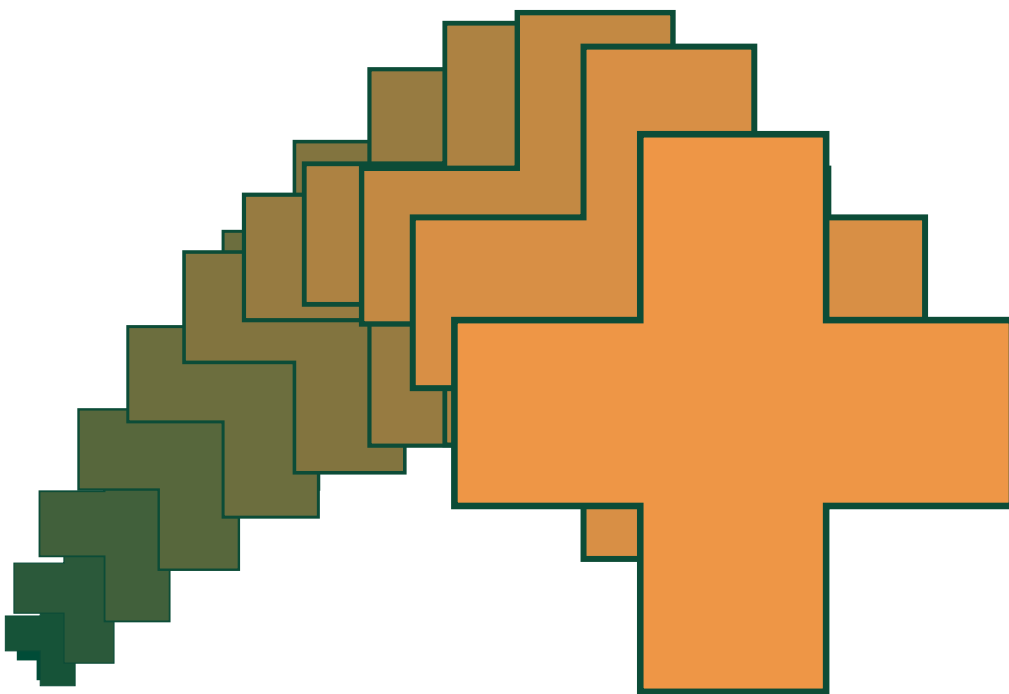
A Positive Approach

Preparing mentally for surgery is important for your recovery. Because of medical advancements, total joint replacement surgery is possible to relieve your pain and discomfort and improve your activity level. The pain and activity limitations after surgery will be different and short term. An important part of the recovery process is using your new joint by walking and doing the exercises that your doctor orders.

Depending on your condition, your recovery and exercise plan will be tailored to meet your needs. Each patient recovers differently. If your surgery is a “revision,” expect to progress at a slower pace than after your first surgery.

Your stay in the hospital will be short and your recovery will be continued after discharge in your home or an extended care facility/rehab center. It is important for you to make a commitment to follow your doctor’s instructions and work on your exercise plan after surgery in order to benefit most from the joint replacement. If you need physical or emotional support coping with surgery and recovery, please talk to the staff.

The improved lifestyle after recovery is worth the risks and stress of surgery.



Exercises

Ankle Pumping

This exercise strengthens your calf muscles in your lower leg.

1. Lie on your back.
2. Bend your ankle and pull your foot up towards your head.
3. Push your foot back down, away from you as far as possible, like you are pushing on the brake pedal of a car.



Quad Setting

This exercise helps your upper leg or thigh muscles

1. Tighten the muscles of your thigh.
2. Keep your knee straight. Push your knee down into the bed.
3. Think about trying to raise your heel $\frac{1}{2}$ inch off the bed.
4. Hold for a count of 5.
5. Relax
6. Repeat with the other leg.



Gluteal Sets

1. Squeeze your buttocks together.
2. Hold for a count of 5.
3. Relax and then repeat.





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