

Thinking About A Hip Replacement? Read This First.



Board Certified Orthopedic Surgeon
Brent Adams, MD, ABOS

Board Certified Orthopedic Surgeon
Jeremy Kudera, MD, ABOS

YANKTON MEDICAL CLINIC, P.C. HAS TWO BOARD CERTIFIED ORTHOPEDIC SURGEONS THAT ARE TRAINED IN BOTH DIRECT ANTERIOR AND TRADITIONAL APPROACHES TO TOTAL HIP ARTHROPLASTY.

Having a “hitch in your gitalong” is a light-hearted old expression, but hip arthritis isn’t so funny to those who live with it. When all other nonsurgical options have been utilized, hip replacement often becomes part of the conversation. However, new techniques exist right here in Yankton with Direct Anterior Hip Replacement, so we’re sharing answers to the questions patients ask us most frequently.

WHAT IS HIP ARTHRITIS?

Hip arthritis is a break down in the normal articulation of the femoral head and the acetabulum or the ball and socket of the hip joint. This is a break down in the concentric relationship of the joint, which leads to swelling and pain in the joint.

WHAT ARE THE CAUSES OF HIP ARTHRITIS?

There can be many causes of hip arthritis including trauma, congenital conditions, infection, and others. However, the most common condition is osteoarthritis – which is just a general wearing out of the joint over time.

WHAT ARE THE SYMPTOMS OF HIP ARTHRITIS?

In general patients will complain of groin and/or buttock pain that is progressive over several years.

Another classic symptom is “start up” pain or pain when going from a seated to a standing position. This pain can subside after a few steps. A limp can also be associated with hip arthritis.

WHAT ARE THE TREATMENT OPTIONS FOR HIP ARTHRITIS?

Like most orthopedic conditions, treatment for hip arthritis begins with non-operative measures such as activity modification, physical therapy, oral anti-inflammatory medications and injections. If and when all non-operative measures have failed, then total hip replacement becomes an option.

WHAT ARE THE GOALS OF TOTAL HIP REPLACEMENT SURGERY?

The goal of surgery is to give the patient a pain free and stable joint that restores an active lifestyle.



WHAT IS ACTUALLY DONE IN A TOTAL HIP REPLACEMENT SURGERY?

The ball and socket of the hip joint are replaced with metallic components and a polyethylene (plastic) spacer is placed between them as the bearing surface. With this procedure, a concentric functional joint is restored.

WHAT ARE THE RESULTS OF TOTAL HIP REPLACEMENT SURGERY?

Total hip replacement surgery is one of the most successful operations in all of orthopedics with 95% good to excellent results. Surgery takes approximately 1 hour to perform either under a spinal or general anesthetic. You are in the hospital 24-48 hours postoperatively and total recovery is anywhere from 2-4 weeks.

HOW IS "DIRECT ANTERIOR" TOTAL HIP REPLACEMENT SURGERY DIFFERENT FROM TRADITIONAL APPROACHES?

Direct anterior total hip replacement surgery differs only in the surgical approach that is used to enter the hip joint to perform the procedure. Instead of the traditional approach of splitting one of the muscles, direct anterior surgery means the surgeon goes in front of this muscle and retracts the muscle.

WHAT ARE THE ADVANTAGES OF DIRECT ANTERIOR TOTAL HIP ARTHROPLASTY?

1. Instead of splitting a muscle the surgeon retracts the muscle.
2. Less soft tissue trauma.
3. Surgeons are more easily able to use intraoperative x-ray to place components.
4. Recovery time is typically shorter for a direct anterior approach.

IS THERE STILL A ROLE FOR TRADITIONAL APPROACHES?

Yes, total hip arthroplasty has been done from a posterior approach for over 40 years with excellent results. Depending on the patient, it still may be a superior approach in certain situations. At six weeks post operatively, studies have shown that the results of direct anterior and traditional approaches are the same.

WHO DO I SEE IF I THINK TOTAL HIP ARTHROPLASTY IS AN OPTION FOR ME?

Yankton Medical Clinic, P.C. has two board certified orthopedic surgeons that are trained in both direct anterior and traditional approaches to total hip arthroplasty. Our patients are grateful to have these procedures available close to home and family. Contact Yankton Medical Clinic for an appointment.

For more information about our orthopedic care, please call:

Yankton Medical Clinic

605-665-1722

— or —

Vermillion Medical Clinic

605-624-8643

— or —

Norfolk at 402-844-8110

www.yanktonmedicalclinic.com/ortho-care