

Hip Replacement & Repair

Chronic Pain, Symptoms & Treatment




Advent Health



Be informed. Be empowered.

When joints become diseased or injured, the resulting pain can become so severe that normal movement becomes impossible. The hip joint can be damaged by arthritis, a fracture or other conditions. When damaged, activities such as walking or getting in and out of a chair become painful and difficult.

Understanding Your Hip's Structure

The hip is one of your body's largest weight-bearing joints. It is comprised of two central components — a ball at the top of your thighbone that fits into a rounded socket in your pelvis and bands of tissue (ligaments) that connect the ball to the socket and provide stability to the joint.

Chronic Hip Pain

Joint pain is often chronic, occurring more gradually as an “ache” and worsening as time goes by. Several diseases and conditions can lead to chronic hip-joint pain, but the most common cause is osteoarthritis. This degenerative joint disease breaks down the soft cartilage, which acts as a cushion between bones and provides a smooth, gliding surface for the joint. Symptoms of chronic hip pain include:

- Discomfort while standing or walking short distances, climbing up or down stairs, or getting in and out of chairs
- Joint swelling
- Poor sleep due to pain
- Start-up pain or stiffness when initiating activities from a sitting position
- Stiffness after periods of rest
- Weakness or instability



When to Consider Replacement

If medical interventions such as medications and activity modification, or walking aids such as a cane, are not helpful, hip replacement surgery should be considered. Hip replacement surgery can relieve pain and help you to resume everyday activities. Your physician and orthopedic surgeon will guide you and your family as you decide whether total-hip replacement surgery is your best option. You may benefit from total-hip replacement if:

- Hip pain continues while resting, either day or night
- Hip pain limits your everyday activities such as walking or bending
- Stiffness in your hip limits your ability to move or lift your leg
- You have little pain relief from anti-inflammatory drugs

Treatment Options

We offer advanced hip replacement and repair procedures with the goal to help you greatly reduce pain, scarring, and recovery time compared to traditional joint-replacement surgery. Some of the advanced hip treatments performed by our orthopedic physicians include:

- Arthroscopic surgery
- Hip resurfacing
- Total- and minimally invasive partial-hip replacement

Mako[®] Robotic-Arm Assisted Total Hip Replacement

In addition to more traditional procedures, AdventHealth offers Mako[®] robotic-arm assisted total hip replacement. This procedure, developed for adults suffering from painful degenerative joint disease of the hip, allows for increased accuracy in placing the implant into the socket beyond manual replacement techniques. With its exceptional precision, minimal surgical requirement and rapid recovery, the MAKO[®] procedure is helping patients reactivate their lifestyles, free from hip pain.

HOW IT WORKS

Accurate placement and precise alignment are critical factors in hip replacement. What makes this procedure so different is that it is powered by the surgeon-controlled RIO[®] Robotic Arm Interactive Orthopaedic System. This highly advanced robot-assisted platform helps create a three-dimensional, pre-surgical plan for removing the diseased tissue. During surgery, the RIO[®] provides our surgeons with real-time visual, tactile and auditory feedback to facilitate optimal joint resurfacing and implant positioning.

BENEFITS

- Accurate placement of your hip implant using the surgeon-controlled robotic arm system
- Consistency in leg length, potentially decreasing the need for a shoe lift
- Decreased risk of joint impingement, where abnormal contact among the bones causes friction and prevents them from moving smoothly during activity. Over time, this friction can result in labrum tears and osteoarthritis.



Surgical Recovery

In many cases, our patients are encouraged to walk the same day as their surgery and are often released as early as the next day.

Let's talk in person.

For more information about the AdventHealth Orthopedic Institute hip replacement and repair program or to make an appointment, call 800-940-0961.

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