

# Hip Repair & Replacement

Relief From Chronic Pain





## Be Informed, Feel Empowered

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

But hope for healing is here. We'll help you regain your mobility and reclaim your life.

### Understanding Your Hip's Structure

The hip is one of your body's largest weight-bearing joints. It's 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 over time. 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 Joint Replacement

If medical interventions such as medication and activity modification, or walking aids such as a cane, are not helpful in improving your quality of life, hip replacement surgery should be considered. Hip replacement surgery can relieve pain and help you resume your 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 of helping 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:

- Total hip arthroplasty
- Hip resurfacing
- Less invasive partial-hip replacement





## 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.

If you're struggling with pain, stiffness and limited mobility, don't face it on your own any longer. Find out how we can help with a tailored treatment plan that gets you back to feeling like yourself again.

For more information about AdventHealth's hip replacement and repair program or to make an appointment, call 706-307-6026.

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