

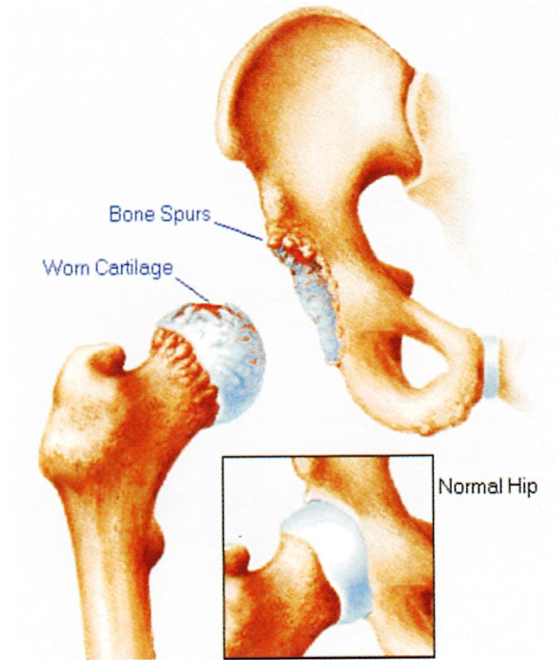
TOTAL HIP

REPLACEMENT

Introduction

The hip joint is among the strongest, largest and most complex joint of the body. During movements of walking, you are depending on the hip for support and mobility. When the hip joint becomes painful, its mobility is reduced and performing daily activities of living becomes difficult.

Anatomy



The hip is a ball-and-socket joint comprised of the following components:

- Head of the femur – Ball
- Acetabulum of the pelvis – Socket
- Ligament of the hip joint

Together, these structures are referred to as a “ball and socket” joint. The femoral head and acetabulum are covered by a specialized surface called articular cartilage. This allows smooth and painless motion of the hip joint. Once this cartilage starts wearing off due to any reason Osteoarthritis sets in & bony spurs are formed. This causes painful Hip movements.

Normally, all of the components work in harmony. But disease or injury can disrupt this harmony, resulting in pain muscle weakness and reduced function.

Are you a candidate for Total Hip Replacement?

Please answer the following questions regarding your Hip:

1. Is your ability to walk significantly reduced?
2. Is going up or down steps very painful?
3. Do you get pain while performing your activities of daily living?
4. Do you limp or experience pain while walking?
5. Are you experiencing a decrease in the range of motion of your hip?
6. Are you noticing shortening of your affected lower limb?
7. Do you feel that your hip pain & limitation in function has progressed rapidly, in past six months?

If you answered yes to 3 or more of these questions, you are suffering from an arthritic hip disease and joint replacement surgery will benefit you.

When to Consider TOTAL HIP REPLACEMENT:

Surgery is indicated if the non-surgical treatment has failed to give pain relief or if the arthritis process had left to deformity or substantial loss of function affecting activities of professional goal achievement; social restrictions and family work reductions in daily living.

THE COMPONENTS OF YOUR NEW JOINT:

In total hip replacement, the bone-ends are surfaced using artificial metallic polyethylene or ceramic components. In THR, the head of the femur (the bone that extends from the hip to the knee) is removed along with the surface layer of the socket in the pelvis (the two large bones that rest on the lower limbs and support the spinal column). The head of the femur, which is situated within the pelvis socket, is replaced with a metal or ceramic ball and stem. This stem fits into the shaft of the femur. The socket is replaced with a plastic cup, a metal and plastic cup, a metal and plastic cup or metal and ceramic cup.



BENEFITS OF SURGERY

Once your wound has completely healed you will reap the benefits of the surgery. These include:

- Decreased joint pain.
- Increased mobility.
- Correction of deformity.
- Improved quality of life

CENTER FOR JOINT REPLACEMENT SURGERY

Smita Hospital has a high tech ultra-modern operation theaters exclusively dedicated for joint replacement surgery. The operation theaters of the joint Replacement Centre have ultra-modern equipment's like Laminar Air Flow, Hepa Filters, Space Suit with body exhaust system, Sensor operated automatic doors all contributing to provide infection free zone. It also offers facilities for computer assisted surgery via computer navigation system. In addition the hospital has a well-equipped intensive care unit for better post-operative care of the patients.

The new center has an expert rehabilitation team which ensures a good post-operative outcome. The team is trained specifically to rehabilitate the joint replacement patients. This helps the patients to recover faster and get back to their routine life at the earliest



PLEASE NOTE:

- You will be made to walk 1-2 days after surgery.
- You will require external support aids like walker or stick for 3-6 weeks after surgery
- You can drive a four wheeler only after consultation with your surgeon, at about 8 weeks after surgery.
- Air and ground traveling is allowed after 8 days after surgery and only after consultation with your surgeon.
- After the Hip Replacement surgery you should not use Indian toilets. You should also avoid squatting & sitting cross legged on the floor. This is to improve the life of your implant.
- Muscle strength is very important for smooth movement of joint & daily activity. Please exercise daily to maintain & increase strength of muscles & avoid problems in the post-operative period..



WE CARE



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