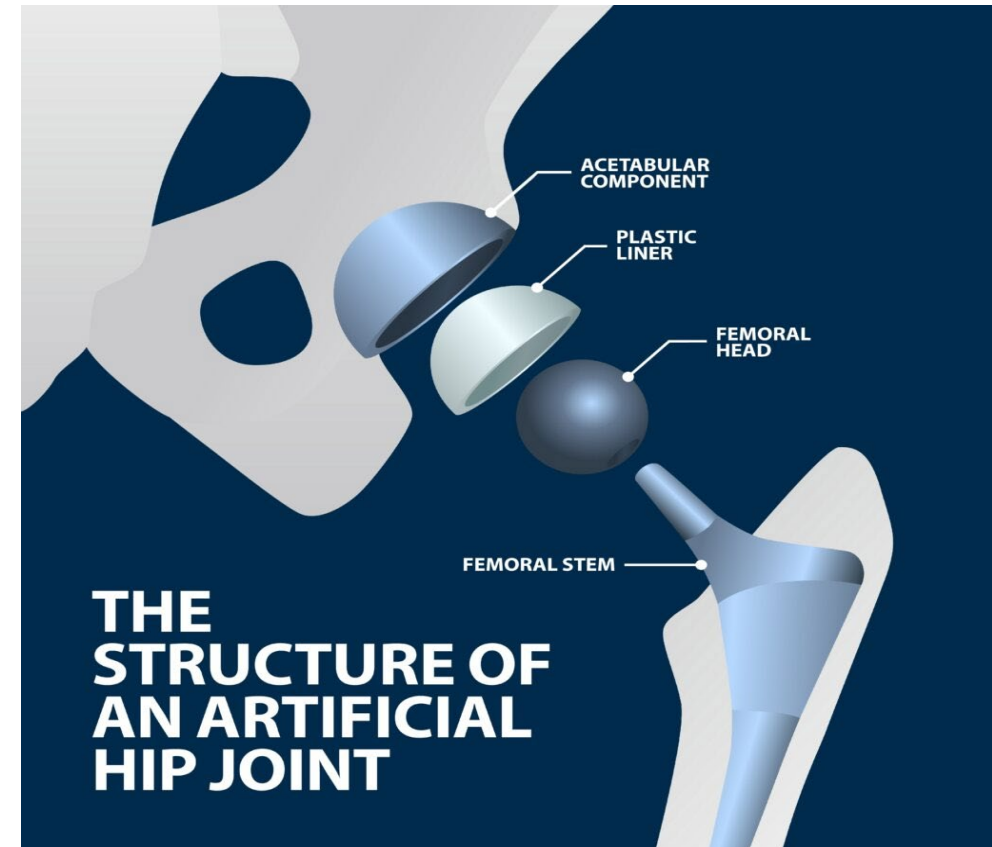


Total Hip Arthroplasty a.k.a. Total Hip Replacement and Me!

WHAT IS TOTAL HIP ARTHROPLASTY AND WHAT CAUSES HIP JOINTS TO DETERIORATE TO THE POINT OF REPLACEMENT SURGERY?

Total hip Arthroplasty a.k.a. Total hip replacement: What is it?

1. **During hip replacement**, a surgeon removes the damaged sections of the hip joint and replaces them with parts usually constructed of metal, ceramic and very hard plastic. This artificial joint (prosthesis) helps reduce pain and improve function. (Mayo clinic)
2. **Is there a partial hip replacement? Yes. Its called hip hemiarthroplasty** and involves removal of the femoral head to replace it and leave the socket of the joint as before. Usually has less blood loss and smoother, quicker recovery time, and the larger prosthetic head offers greater mobility at the joint.



Approaches to this type of surgery

Approach I: Direct Anterior approach to hip replacement (0.6-1.0% dislocation risk).

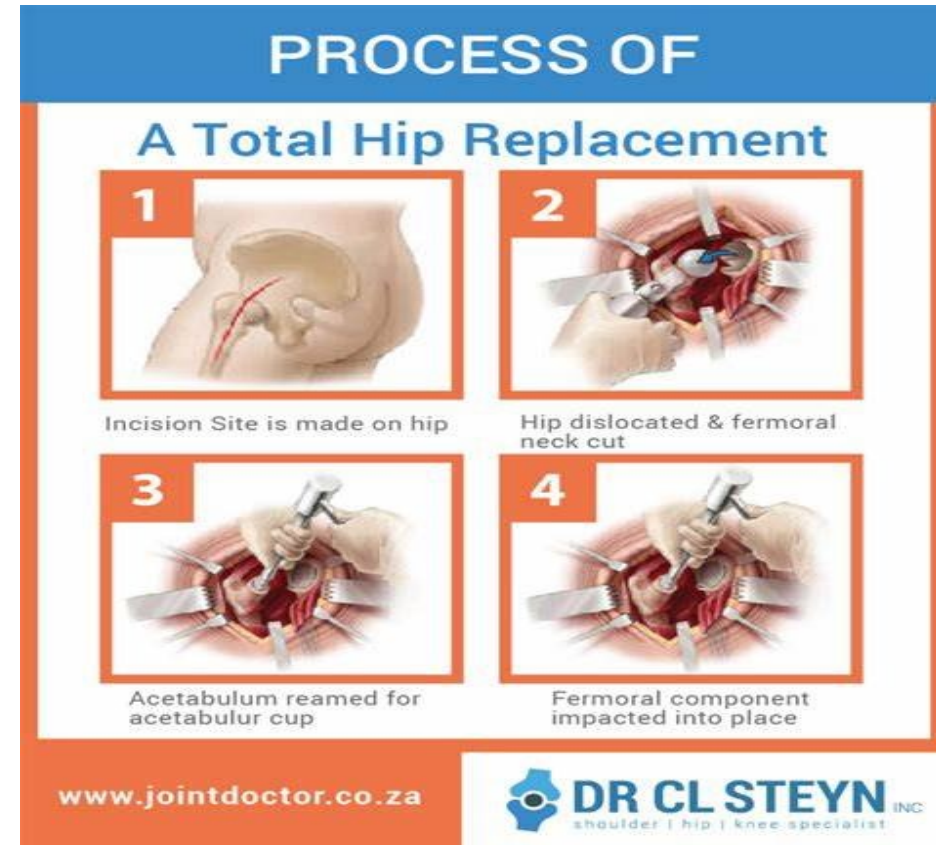
Approach II: Direct Posterior approach to hip replacement (1.7-5.3% dislocation risk).

Approach III: Direct Lateral approach to hip replacement (0.3-0.6% dislocation risk).

Risk of infection? (0.2%- 1.2% after THA)

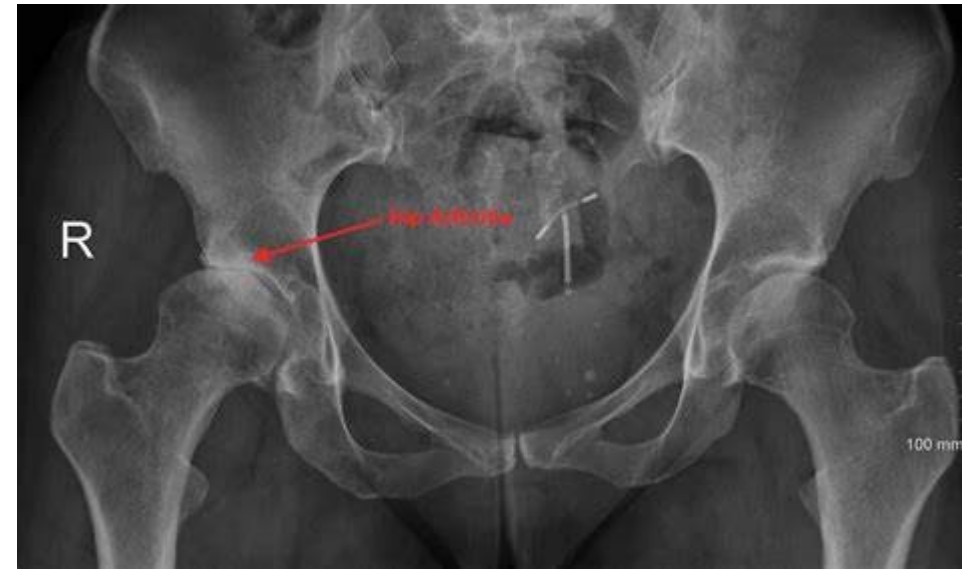
Patient Satisfaction and success rate? (89-95%) [Surgical Approaches for Total Hip Arthroplasty - PMC \(nih.gov\)](#)

The most muscle sparing is the DAA. There are risks to femoral nerve injury-transient.



What are some reasons we might need such a surgery?

- severe or debilitating arthritis, usually **osteoarthritis**. It is the wearing down of the joint surfaces by way of bone spurs. **The most common reason for this surgery!**
- **Rheumatoid arthritis** may also play a part in hip erosion and debilitation. This is an autoimmune condition which causes chronic inflammation in many areas, including the joint spaces of the hips.
- **Osteonecrosis** is another condition that could lead to joint damage due to loss of blood supply usually associated with trauma or long term steroid use affecting bone growth.



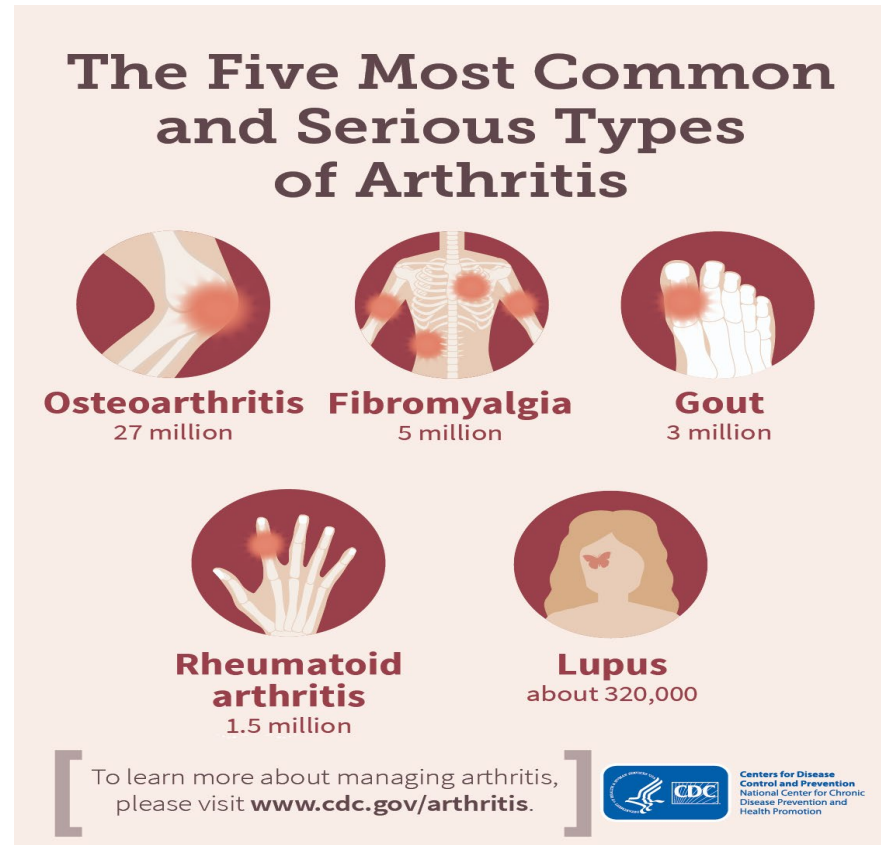
What is Arthritis? Why are the Joints affected the most?

Osteoarthritis is a condition that causes the cartilage-the hard slippery tissue that covers the ends of bones where they form joints-to breakdown.

Some sources breakdown arthritis into more than 100 conditions, or types.

Osteoarthritis is the most common reason the major joints in the body have problems and might eventually need replacing, for example, the knees, or the hips.

Common s/s are pain, swelling, redness, stiffness, and decreased mobility and motion.



Reasons for a hip replacement continued

- **Chondrosarcoma** is another reason why hip replacement surgery may be necessary. It is a cancer that starts in the cartilage of the joints and is the 2nd most common primary bone cancer. It is metastatic.
- **Hip injury** is common as we age and usually results from falls or impacts to the hip. Old hip surgeries or improper healing of hip surgeries can lead to further injury of the joint and further complications. (Center for Orthopedic Medicine and Sports Injury, San Antonio Texas)



Statistics associated with THA/THR in America at least up to 2010 by age and sex

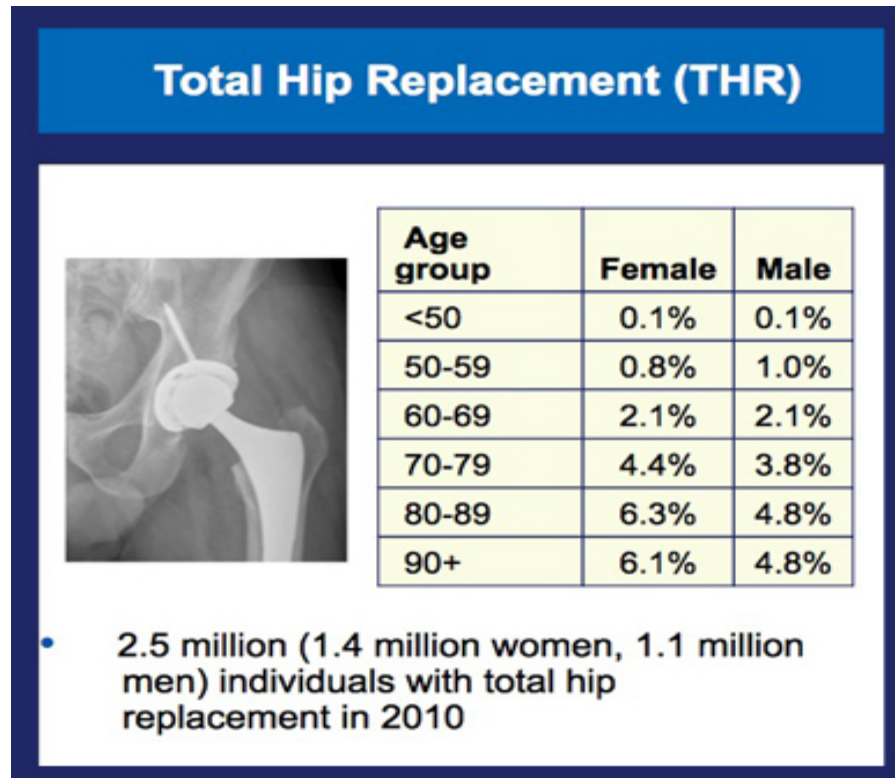
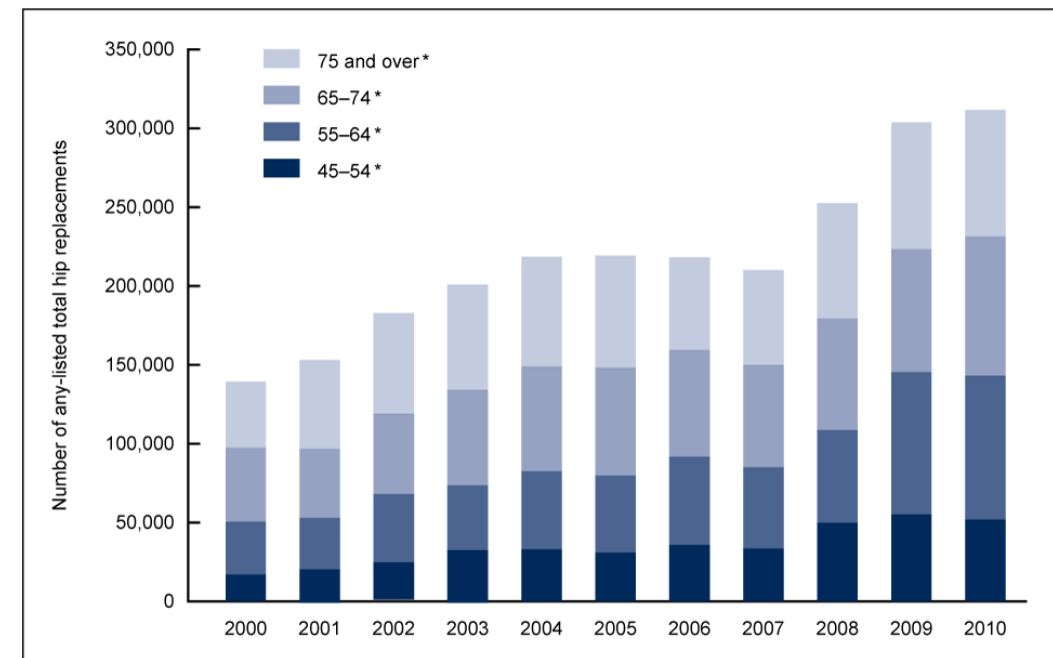


Figure 1. Number of total hip replacements among inpatients aged 45 and over, by age group and year: United States, 2000–2010



* Significant linear trend from 2000 through 2010 among all age groups and total number.
 NOTES: Total hip replacement is defined as code 81.51 of the *International Classification of Diseases, Ninth Revision, Clinical Modification (ICD-9-CM)* for any of the four collected procedures. Although data on eight procedures were collected in 2010, data from only four procedure codes were collected in 2000–2009. For consistency across years, only the first four listed procedures were included in the analysis for this figure.
 SOURCE: CDC/NCHS, National Hospital Discharge Survey, 2000–2010.

How many Hip surgeries and revisions are completed per year from 2012-2018?

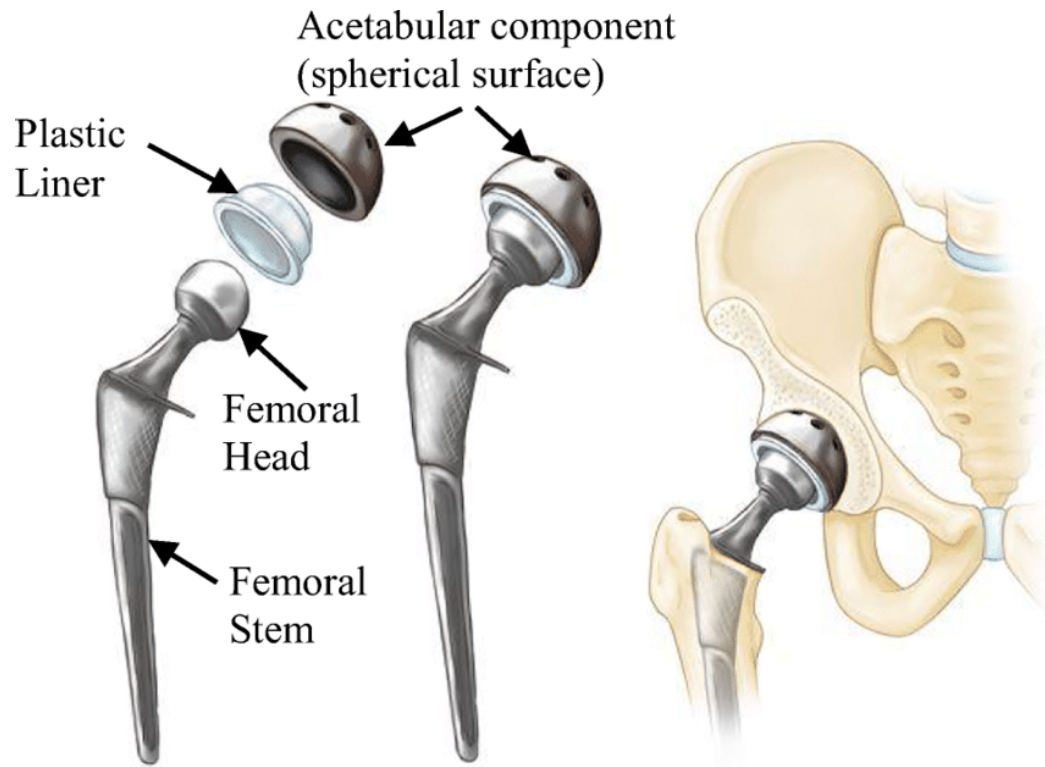
Between 2012 and 2018, 602,582 total **hip procedures** were reported to AJRR. Primary or first-time hip replacements represented 80.5% of the procedures, revision total hip replacements represented 7.3%, hemiarthroplasty or a partial hip replacement for hip fracture represented 8.2%, total hip replacement for hip fracture 2.2% and hip resurfacing 0.9%.

(<https://www.prolianceorthopedicassociates.com>)

The link that follows is one of the latest annual reports on Joint replacement surgeries in America, including other joint surgeries by comparison: [2020-aaos-ajrr-annual-report-preview final.pdf](#)

[Joint Replacement Market Size & Share Report, 2021-2028 \(grandviewresearch.com\)](#) This link follows the market projection of joint replacement surgeries through 2028.

What are the components of a Total hip replacement and what does it look like when in place?



What does the preop of this procedure look like? Preop within 30 days of surgery?

A referral to a surgeon

X-rays and MRIs/CTs

Steroid injections

Steroid or non-steroidal medications

Therapy (PT/OT) and exercise

CBT

Narcotics and other anti arthritic medications

Rest, Ice, lay off it when not exercising it

Blood work

12 Lead EKG

Portable Chest X ray

Series of labs: RFP, CBC, PT/INR, PTT, urine specimen

Lay off NSAIDS, ASA within 1 -2 weeks of surgery

Drink Ensure immune/Surgery recovery support drinks.

Chlorhexidine baths

What does recovery look like after a hip surgery?

1. You might spend a day or two in the hospital on a surgical ward; longer depending on recovery and possibly rehab.
2. Pain control: Usually a low dose narcotics IV and a low dose oral. Then in between a non-steroidal anti-inflammatory medication is given. Ice is very important, too.
3. Stay off affected side as per MD order and pneumatic stockings to prevent blood clots.
4. Typically low dose aspirin is started immediately and possibly low dose heparin.
5. You are up moving same day as surgery.



What does the long term recovery from THA look like?

-Total recovery from this surgery can be up to 12 months to 16 months according to some sources. **Edema is an expectation for several weeks after surgery.** Elevate affected extremity when not up with activity. Sit sparingly at intervals of 30 minutes max.

-The important thing to do during recovery is exercise and move the hip. Movement strengthens the muscles surrounding the hip and primary muscles that attach above and below the hip at the femur.

-Strengthening the hip through exercise will help to decrease risk of complications, especially blood clots and dislocation.

-During recovery use common sense. DO NOT take any unnecessary risks. PT during recovery can be anywhere from 3 months to 4 months long depending on progress. Progress is the deciding factor.

Scar tissue forms as with any other joint surgery. Working through the scar tissue formation is an expectation. Pain during PT is usually transient. Ice and elevation will help this.

Questions????????

Does age make a difference with this surgery?

Does condition make a difference prior to surgery?

Does my weight and prior mobility make a difference prior to surgery?

What about all my co-morbidities?

Is THA worth having?