

# A New Approach to Success

Anterior Hip Replacement



ORTHOPAEDIC EXCELLENCE. EXCEPTIONAL CARE.

## What is anterior hip replacement?

Hip replacement is one of the most predictably successful surgeries available today. Our doctors have been doing a significant volume of joint replacements at Piedmont Newnan and Piedmont Fayette hospitals for over 20 years with great success, so why take a new approach to the successful surgery? Because it's a better experience for our patients! The innovative **anterior approach to hip replacement** allows our patients to have less discomfort and to get "back in the game" much more quickly. In fact, recovery has improved to the point that hip replacements can now be accomplished as an outpatient procedure at **Summit Orthopaedic Surgery Center!**



A few years ago, our doctors transitioned to the direct anterior approach to the hip as our preferred approach. This particular approach is a conservative and minimally invasive alternative to the traditional approach for hip replacement. The incision is generally not much wider than the width of one's hand. Through this leading edge approach, we are able to replace the painful hip through a natural space between certain muscles on the front of the hip. The muscles are not split or fully detached, as is commonly done in other approaches to the hip.

## What are the benefits of anterior hip replacement?

Another great advantage to this innovative approach is that the hip is much more stable. Preserving the short rotator muscles of the hip greatly enhances the stability of the hip and greatly decreases the chance of dislocation. In fact, the risk of dislocation is felt to be less than 1% and postoperative range of motion restrictions are felt to be unnecessary. It is quite possible, and expected, to walk the day of surgery. In fact, **those who have hip replacement through the anterior approach as an outpatient procedure at Summit Orthopaedic Surgery Center walk into their home the same day.**

The implants available for this procedure have continued to improve to the point that, for most people, we can offer a hip replacement that is likely to last their lifetime. The breakthrough in technology in recent years has been the plastic. The plastic is now treated in a way that greatly increases its durability. In fact, younger patients are also electing for this procedure knowing that they have an excellent chance of 20 years or more of pain-free function of the hip.

## Who is a candidate for anterior hip replacement?

Candidates for this procedure are those patients that have exhausted conservative measures for their hip arthritis. As the cartilage of the ball-and-socket joint of the hip wears out with the progression of arthritis, pain increases as the underlying bone structure becomes stressed and the joint lining becomes inflamed. Typically, our patients come to us when their hip pain is interfering with their lifestyle. Common statements are: "I can't play golf like I would like," "I can't go for walk in the neighborhood with my spouse," "the pain wakes me up at night," and "I think twice about vacations or seeing my grandchildren." Hip replacement patients can expect to get back to a very active lifestyle. Patients can return to vigorous walking and hiking. Golfers and tennis players can return to those activities. Many of our patients return to the gym and get back on the elliptical trainer, treadmill, or stair climber.

## Who is a candidate for anterior hip replacement? (continued)

Total hip replacement is one of the great success stories in medicine. In fact, knee and hip replacements are considered to be two of the most successful surgeries done today. Nationally, less than 20 percent of hip replacements are done anteriorly, but enthusiasm for the procedure continues to grow. We are excited to be able to provide this leading edge service to our local community. This procedure perfectly reflects our philosophy of orthopaedic care. It applies the sports medicine principles of less invasive surgery, rapid recovery, and restoration of function to the aging athlete and non-athlete alike. It has been exciting to implement this new approach, and we look forward to continued advancements in this ever-improving area of orthopaedics.

## How can I learn more about anterior hip replacement?

If you're interested in this procedure for you or your family member, please visit us at the offices of Georgia Bone & Joint in Newnan or Peachtree City. For an appointment, please call: **(770) 502-2175**. Again, we offer this procedure as an outpatient procedure at **Summit Orthopaedic Surgery Center** in Newnan as well as with a short inpatient stay at Piedmont Newnan and Piedmont Fayette hospitals. Dr. Michael Gruber recently had the opportunity to discuss anterior hip replacement on the Piedmont website and one of his patients was highlighted as well.

You can watch those videos at:

<http://www.piedmont.org/orthopedic/hip/direct-anterior-hip-approach>  
and

<http://www.piedmont.org/living-better/a-new-lease-on-life>.

A video explaining the procedure is available on our website:

[https://www.georgiaboneandjoint.org/patient-resources/education/  
total-hip-replacement-anterior-approach-accolade%C2%AE](https://www.georgiaboneandjoint.org/patient-resources/education/total-hip-replacement-anterior-approach-accolade%C2%AE).

Our hip surgeons at Georgia Bone & Joint have completed additional training specifically in the hip. With this advanced training, Dr. Michael Gruber, Dr. George Ballantyne, and Dr. Jayson McMath have the knowledge, proficiency, and skill to accurately diagnose and effectively treat your hip injury or condition so you can get back to your active lifestyle quickly and safely. More information is available at <https://www.georgiaboneandjoint.org/specialties/hip>.



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