

Anterior Hip Replacement Surgery

Hip replacement is a common and highly successful surgical procedure for treating advanced arthritis of the hip. The procedure replaces the worn-out ball (femoral head) and socket (acetabulum) with new artificial components. These new components may be inserted through various incisions in the overlying skin. Traditionally, most surgeons performing hip replacement surgery have used long incisions located on the side or back of the hip and then cut through or detach the muscles to reach the bone underneath. In recent years, surgeons have tried to make improvements in the procedure so there is less pain for their patients and the patients are able to recover faster to resume their daily activities. One of these improvements to hip replacement surgery is the Anterior Approach.



IOC Orthopaedic Surgeon, John Nettrour, M.D., is the first to offer the Muscle-Sparing Joint Replacement Surgeries to Central Iowans.

What is the Anterior Approach for Hip Replacement?

Unlike traditional total hip replacement, the Anterior Approach uses a small incision (usually about 4 to 5 inches) which is made over the front of the hip while the patient lies on his/her back. With this approach, the muscles surrounding the hip joint are not cut or detached from bone as with a traditional hip replacement procedure. The patient's leg is maneuvered into different positions and the muscles are moved out of the way for the procedure. A specialized operating table is often used to help position the patient and move the legs during surgery. The table also allows the surgeon to take x-rays during the procedure so that the sizes and position of the new artificial parts can be checked as they are implanted and adjustments can be made if needed. The procedure uses the same artificial components that are used with the traditional approach; however, the process for inserting them is less invasive for the patient.



OSI Hana Table allows for appropriate placement of patients having muscle-sparing joint replacement performed.

Advantages of the Anterior Approach

There are many advantages to the Anterior Approach for hip replacement surgery. Because the muscles of the hip are not cut or detached, a hip replacement done in this way is usually less painful for the patient, and the recovery is faster. Hospital stays are usually shorter because of the decreased pain and accelerated recovery. In addition,

because the muscles are not cut, there is less of a chance of the new hip dislocating and less postoperative restrictions are placed on the patient immediately following the procedure. The ability to check x-rays during the procedure makes it more likely that the parts will fit the patient well and provide a well-functioning hip replacement.

Dr. Nettrour is one of the few surgeons in the Midwest to offer the Anterior Approach for Hip Replacements. He has undergone fellowship-level subspecialty training in hip and knee reconstruction and has had further training specifically in the Anterior Approach for hip replacement surgery. Mercy Medical Center is one of the few hospitals in Iowa with the unique operating table designed to facilitate and improve the procedure.

For more information on the Anterior Approach and Hip Replacement Surgery visit: www.newhipnews.com and www.hipreplacement.com