

HIP PAIN:

Solutions for Active Adults

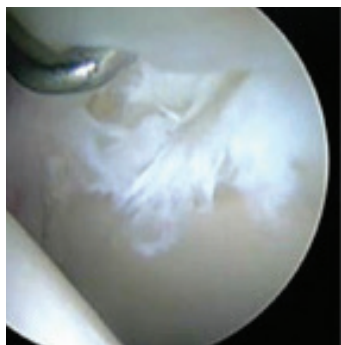
According to the Centers for Disease Control, more than 300,000 hip replacements are performed each year. Here in Chicago, the nationally-recognized Midwest Orthopaedics at Rush (MOR) physicians perform more hip and knee procedures than any other group in the area, including minimally invasive surgery and new techniques, such as hip arthroscopy. MOR hip physicians are at the forefront of medical research, allowing patients to benefit from clinical trials.

Daily, they give relief to patients with hip pain by offering a full range of treatment solutions. Afterward, patients thank them for giving them their active lives back.

Treatment Options

Typically, the MOR hip team will discuss non-surgical options will be discussed first, including therapy, lifestyle changes and medication. However, if these do not relieve the pain or get the patient back to regular activity, surgical procedures such as hip arthroscopy, hip replacement and hip revision will be discussed.

Hip Arthroscopy



MOR physicians are among a few in the Chicago area performing hip arthroscopy. It is performed through a small incision into which the surgeon inserts several portals, one for a tiny camera to guide him through the surgery, and one through which he inserts thin instruments to perform the surgical procedure.

Hip arthroscopy offers younger patients, athletes and non-athletes a chance to resume and enjoy daily activities while avoiding more invasive surgery.

Some of the conditions treated by hip arthroscopy:

- Femoroacetabular impingement (FAI)
- Hip Instability
- Labral Tears
- Inflammation of the Bursa (GTPS)
- Mild Osteoarthritis

To discuss hip arthroscopy, please call Drs. Shane Nho or Charles Bush-Joseph.



Total Hip Replacement

Most total hip replacements are performed because a patient's hip has deteriorated or suffered too much damage, causing pain and a compromised lifestyle. In a replacement procedure, a physician will remove the damaged cartilage, ball-and-socket joint and replace them with an artificial hip joint (prosthesis).

The prosthesis consists of a rounded femoral head (ball) which rests in the cup-like acetabulum (socket) of the pelvis. It is secured with a long stem which is placed in the center of the femur. There are a variety of implant material combinations (ceramic and plastic) which can be discussed with your physician.

Some of the conditions treated by total hip replacement:

90% of Midwest Orthopaedics at Rush hip replacement patients have **osteoarthritis**.

10% suffer from **rheumatoid arthritis, bone tumors, broken bones, birth defects, obesity, sports injuries, osteonecrosis or traumas**.

There are two ways of performing hip replacements: the *posterior* and *anterior* approach. The posterior approach involves entering the hip socket from the back or side of the hip area. In an anterior approach, the doctor enters through the front of the hip. Most patients are candidates for both approaches and the advantages and disadvantages should be discussed with your physician.

To discuss your hip pain and a possible total hip replacement, contact Drs. Richard A. Berger, Craig J. Della Valle, Jorge Galante, Joshua Jacobs, Brett Levine, Wayne G. Paprosky, Aaron G. Rosenberg or Scott Sporer.

Call for an appointment to discuss your hip pain: 877-97-REHAB

Total Hip Revision

Unlike a total hip replacement for first-time patients, a hip revision is a removal of the older prosthesis and replacement with a new one. A patient may need hip revision surgery because his pain has returned, the prosthesis has worn out or the prosthesis has been recalled by the manufacturer. Other causes for revision include infection, dislocation of the hip and hip fracture. Other patients may need revision surgery because of osteolysis (thinning of the bones with aging).

MOR physicians are experienced in total hip revision. Call one to discuss your situation: Drs. Richard A. Berger, Craig J. Della Valle, Jorge Galante, Joshua Jacobs, Brett Levine, Wayne G. Paprosky, Aaron G. Rosenberg or Scott Sporer.

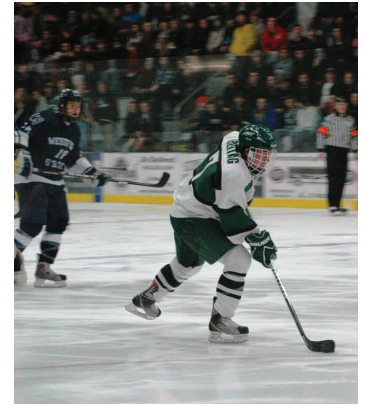
What is RSA?

Some MOR physicians incorporate radiostereometric analysis (RSA) technology as part of hip and knee replacement surgery. It is a precise technique for X-rays taken from various angles creating a "stereo" or three-dimensional image. It can help detect movement of the implant over time.

Happy hip patients:



Stephanie Boyer, 47
total hip replacement



Michael Freitag, 22
hip arthroscopy



Art Bingham, 51
total hip replacement



Joe Emerich, 26
hip arthroscopy

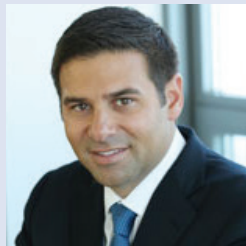
Midwest Orthopaedics at Rush is staffed with some of the country's best hip physicians, including:



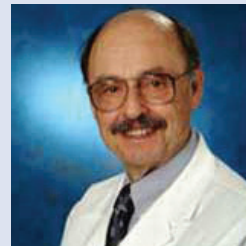
Richard A. Berger, MD



Charles Bush-Joseph, MD



Craig J. Della Valle, MD



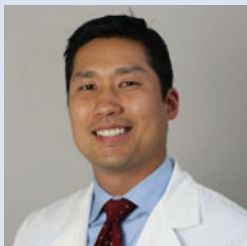
Jorge Galante, MD



Joshua Jacobs, MD



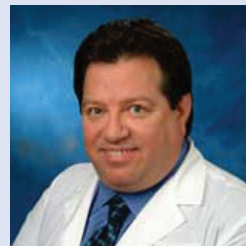
Brett Levine, MD



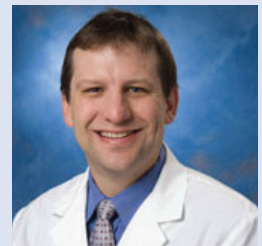
Shane Nho, MD



Wayne G. Paprosky, MD



Aaron G. Rosenberg, MD



Scott Sporer, MD

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