

# TOTAL HIP REPLACEMENT



**DePuy Synthes**

JOINT RECONSTRUCTION

*People inspired™*



## Causes of Hip Pain

Arthritis is the leading cause of disability in the United States, and the most frequent cause of discomfort and chronic hip pain. In fact, it's estimated that 1 in 5 people in the United States has some form of arthritis. Two-thirds of the people who have been diagnosed with arthritis are under the age of 65.<sup>1</sup>

Of the more than 100 types of arthritis, the following three are the most common causes of joint damage:

**Osteoarthritis** is a disease which involves the wearing away of the normal smooth joint surfaces. This results in bone-on-bone contact, producing pain and stiffness. Even though there is no cure for arthritis, treatments like hip replacement allow patients to enjoy their lives with less pain and better mobility.

**Rheumatoid arthritis** is a systemic disease because it may attack any or all joints in the body. It affects women more often than men and can strike young and old alike. Unlike osteoarthritis, rheumatoid arthritis causes destruction of the joint through severe inflammation. The body's immune system attacks and destroys the smooth lining covering the joint capsule, the protective cartilage and the joint surface. This causes pain, swelling, joint damage and loss of mobility.

**Trauma-related arthritis** results from damage to the joint from a previous injury. It also results in joint damage, pain and loss of mobility.

## DePuy Synthes Joint Reconstruction

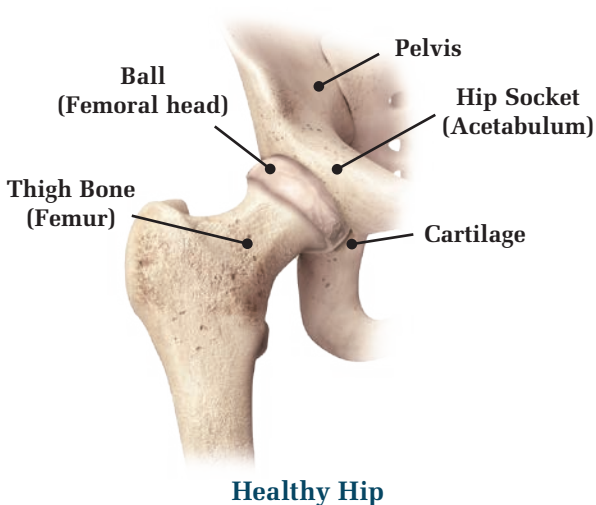
*DePuy Synthes Joint Reconstruction* has been a pioneer in hip replacements for more than 40 years, continuously finding new ways to get you back to doing the things you love.

## The Potential Benefits of Hip Replacement Surgery

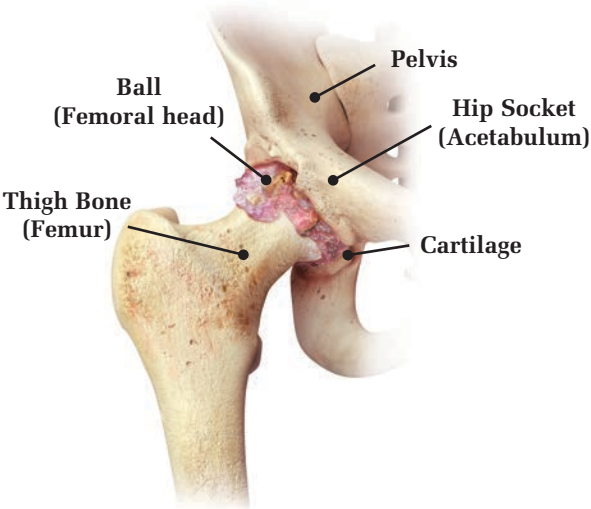
- Relieve pain
- Improve mobility
- More freedom to pursue everyday activities, such as walking or climbing stairs

### Hip Anatomy

A joint is a point where multiple bones meet and work together so that you can perform daily tasks like sit, climb stairs, walk comfortably, etc. The hip joint is described as being a “ball and socket” joint due to the joint’s appearance of a ball (femoral head) fitting snugly in a cup-like socket (acetabulum). The ball (femoral head) is located at the top of the thigh bone (femur) and the socket (acetabulum) is part of the pelvis. The area where the bones meet is covered by slick but firm tissue called cartilage, allowing the joint to move smoothly.

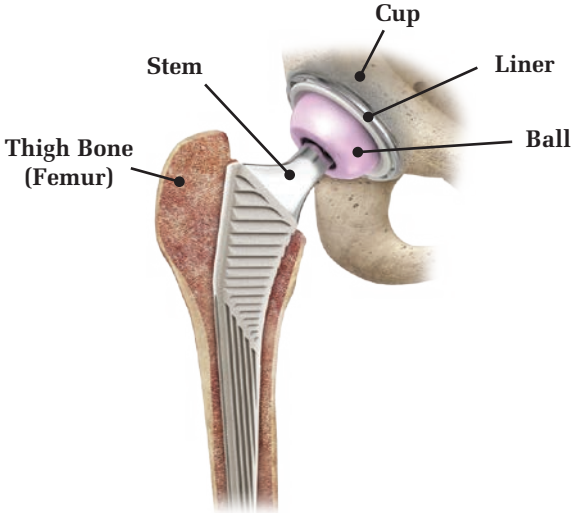


As joint disease progresses the bones begin to rub together causing a rough misshapen surface, sometimes resulting in bone-on-bone contact, producing pain and stiffness.



**Osteoarthritic Hip**

Hip replacement surgery removes the worn and arthritic areas of your hip joint and replaces those areas with an implant that helps restore a smooth joint surface.



**Hip replacement component**

## The Potential Benefits of Your DePuy Synthes Joint Reconstruction Hip Replacement

### **A design intended to help preserve your hip's natural movement**

The *DePuy Synthes Joint Reconstruction* hip has been designed to act much like a natural hip as well as increase the stability of your hip, potentially reducing pain.



## **A close match to your unique anatomy**

Each person's hips are unique. To provide the best fit for your hip, your surgeon will choose from a number of implant sizes and components. On average, a total hip system (stem, ball, cup, and liner) weighs between one and two pounds, depending on the type of material that is used.

## Things to Consider

- Can hip replacement help provide relief from the pain and stiffness?
- Is age a factor in hip replacement surgery?
- Am I a suitable candidate for hip replacement?
- I've read that there are advanced techniques and technologies available for hip replacement surgery. Ask your surgeon to explain.
- What are the benefits and risks of hip replacement surgery?
- How long does it take to recover and rehabilitate from hip replacement surgery?
- What is my role in recovery and rehabilitation?
- If I undergo hip replacement surgery, will I be able to resume daily activities?

## Preparing For Surgery

### **To prepare for surgery you may need to:**

- Compile a list for your surgeon of all your medications.
- Prepare your home for return from the hospital.
- Discuss your recovery with relatives and friends who may be caring for you after you leave the hospital.

# Post Surgery

## Hospital Stay

The usual hospital stay for hip replacement is 3-5 days, and a full recovery typically takes 3-6 months. Your hip rehabilitation begins right after surgery, as ordered by your surgeon. Your physical therapist will instruct you to:

- Begin isometric exercises (tighten muscles without moving the joint) a number of times per day while you are still in bed
- Move your ankle and other joints
- Learn the safest methods for getting in and out of bed or a chair, and on and off the toilet
- Understand the do's and don'ts of joint replacement recovery





# Rehabilitation Timeline

## Post Surgery Rehabilitation Timeline

Rehabilitation after your surgery plays an extremely important role in making your hip replacement a success.

### **The goals of rehabilitation are to:**

- Improve your muscle strength
- Increase the movement in your hip joint
- Protect your new hip joint
- Help you resume most of your normal activities

Rehabilitation and recovery takes time and commitment. Each person is different and the length of recovery is dependent on your particular situation, overall health and your rehabilitation. Many people achieve recovery in 3-6 months. When your surgeon feels you are ready, you should be able to resume some, if not most, of your normal daily activities.

## Activity after Surgery

### **Follow Your Surgeon's Advice**

After undergoing hip replacement surgery, it is important you have realistic expectations about the types of activities you may participate in during your recovery phase. These activities may include:

- Driving
- Sexual Activity
- Leisure and Sport Activities
- Work Activities

Activities that may cause high-impact stress on the implant should be avoided.

## Resources:

The website links below have additional information on treatment options for hip pain including rehabilitation, finding a surgeon in your area, and hearing about real patients who overcame their hip pain. In addition, you can request information kits and register for a hip pain seminar in your area.

[www.depuysynthes.com](http://www.depuysynthes.com)

[www.hipreplacement.com](http://www.hipreplacement.com)

[www.realifetested.com](http://www.realifetested.com)

The Strength for Caring network can help you connect and share your experiences with others. Whether you are coping with osteoarthritis, considering surgery, or caring for a patient with arthritis, strength for caring offers resources to assist you.

[www.strengthforcaring.com](http://www.strengthforcaring.com)

## Important Safety Information

As with any medical treatment, individual results may vary. The performance of hip replacements depends on age, weight, activity level and other factors. There are potential risks and recovery takes time. People with conditions limiting rehabilitation should not have this surgery. Only an orthopaedic surgeon can tell if hip replacement is an option for you.



## Your Questions Answered

**Here are some common questions people have about hip replacement surgery, rehabilitation and recovery.**

### **Q. Am I too young for a hip replacement?**

A. Hip replacement is related to need, not age. Total hip replacement is considered to be an effective procedure that can help patients resume a more active lifestyle.

### **Q. How do I know if I'm ready for hip replacement?**

A. Only your orthopaedic surgeon can decide if hip replacement is the appropriate treatment for you. Your doctor will assess your situation and discuss the various treatment options available. He or she will explain the risks and benefits so that you, together with your doctor, can make an informed decision about your future course of treatment.

### **Q: Do I need to take any precautions before future medical procedures?**

A: From now on, you must inform any doctors, including dentists, treating you that you have undergone hip replacement surgery. More than likely, antibiotics will be prescribed before a procedure to avoid infection.

### **Q: Will my new hip set off metal detectors?**

A: The sensitivity of every metal detector is different, and it's possible that your implant might cause the machine to go off.

**Q: Can I have an MRI after my hip replacement surgery?**

A: MRI, or magnetic resonance imaging, is used as a diagnostic tool for many types of medical conditions. If a doctor is considering ordering an MRI for you, make sure he or she is aware of your hip implant. For more information, visit [www.mrisafety.com](http://www.mrisafety.com).

**Q: I live by myself. Whom can I turn to for help during recovery and rehabilitation?**

A: You will likely need assistance with your daily activities for several days to a few weeks following your hip replacement surgery. If you live alone, speak with your surgeon about being admitted to a rehabilitation facility for at least a few days following your surgery so you can get the assistance you need.

**Q: How should I take care of my new hip implant?**

A: Hip replacements are designed for the normal activities of daily living. Avoiding trauma and high impact activities are helpful in caring for your new hip replacement.





## References

1. Arthritis Prevalence: A Nation in Pain. Arthritis Foundation web site. Available at: [http://www.arthritis.org/media/newsroom/media-kits/Arthritis\\_Prevalence.pdf](http://www.arthritis.org/media/newsroom/media-kits/Arthritis_Prevalence.pdf). Accessed May 2013

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For more information, visit [www.depuysynthes.com](http://www.depuysynthes.com)

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