

## Faster Patient Recovery

The Anterior Approach is a *tissue sparing* procedure. It seeks to help patients freely bend their hip and bear full weight immediately after surgery. This may result in a faster recovery. Traditional hip replacement surgery, in contrast, typically requires strict precautions for several months. You need to discuss your specific situation with your surgeon.

## Returning to Regular Activities

Your recovery is based in part on your condition prior to surgery. Rehabilitation is hard work and recovery takes time. By sparing your major muscles from being cut during surgery, you may experience a faster recovery. Many patients undergoing the anterior approach to hip replacement surgery are back to their normal activities within a few weeks. After one to two months, many patients report having little or no pain at all. Please talk to your doctor about whether hip replacement using the Anterior Approach is right for you.

## Anterior Approach

to Hip Replacement Surgery



Anterior Approach as described by Joel Matta, MD

This brochure was written in consultation with Joel Matta, MD & David Dodgin, MD

\*Source: Patients who have received DePuy implants.

#### RELATED CLINICAL ARTICLES:

- Yerasimides, J.G. and Matta, J.M.: Primary THA with a Minimally Invasive Anterior Approach, *Seminars in Arthroplasty*.
- Matta, J.M. and Ferguson, T.A.: THR After Acetabular Fracture, *Orthopedics* 2005, 28:959.
- Matta, J.M., et al: Single Incision Anterior Approach for THA on an Orthopedic Table, *CORR*, Number 441, 115-124.

For more information about joint replacement, visit our web site at [www.jointreplacement.com](http://www.jointreplacement.com).



**DePuy Orthopaedics, Inc.**  
700 Orthopaedic Drive  
Warsaw, IN 46581-0988  
USA  
Tel: +1 (800) 366 8143  
Fax: +1 (574) 267 7196

**DePuy International Ltd**  
St Anthony's Road  
Leeds LS11 8DT  
England  
Tel: +44 (113) 387 7800  
Fax: +44 (113) 387 7890

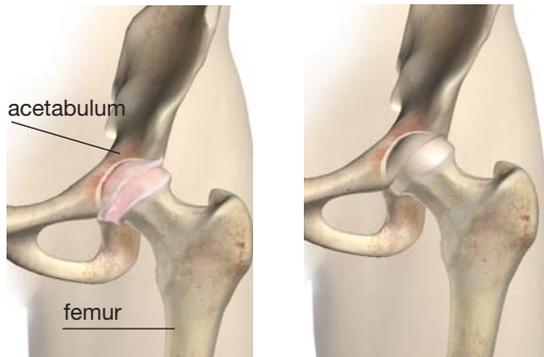
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## What Causes Severe Hip Pain

The most frequent cause of debilitating hip pain is arthritis. It is estimated that 40 million people in the United States have some form of arthritis. That's one in seven people. Of the more than 100 types of arthritis, two are most common, osteoarthritis and rheumatoid arthritis.

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. Unlike osteoarthritis, rheumatoid arthritis causes severe inflammation. The body's immune system attacks and destroys the joint surface, causing pain, swelling, joint damage and loss of mobility.



**Arthritic Hip**

**Healthy Hip**

## Treatment Options

Your doctor will consider factors such as age, health status, weight, and activity levels before determining the appropriate treatment method. For less severe hip pain, non-surgical treatment

options may be suggested. These treatments may include rest, drugs and analgesics. When non-surgical options fail to provide adequate pain relief, hip replacement surgery may be suggested. If you are in pain, you should discuss treatment options with your surgeon. One such option is hip replacement using the Anterior Approach.

## Hip Replacement Components

Total hip replacement surgery involves replacement of the ball and socket of the hip joint with artificial parts. There are two main modular components used, a femoral and an acetabular component. The femoral component includes a stem and modular head, and is made of metal. The acetabular component replaces the socket with a metal cup and liner. The liner is made of plastic, metal or solid ceramic.

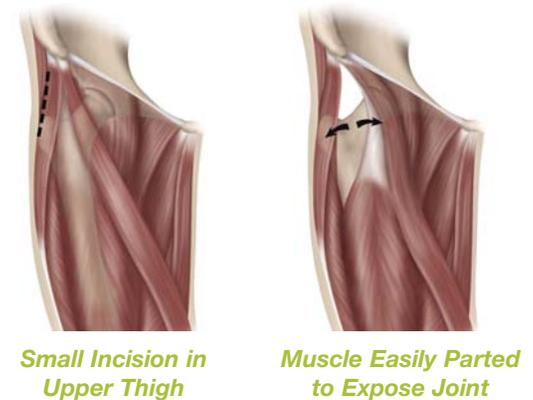


**Hip Replacement Component**

## The Anterior Approach - A Muscle Preserving Philosophy

The Anterior Approach is an alternative to traditional hip replacement surgery. This technique approaches the hip joint from the front

as opposed to the side or back. Unlike traditional hip surgery, a surgeon can work between your muscles without detaching them from the hip or thigh-bones. These important muscles are left relatively undisturbed and are therefore spared a lengthy healing process.



Keeping these muscles intact also helps prevent hip dislocation. Further, since the incision is on the front side of the leg, you may be spared from the pain of sitting on scar tissue.

## Advanced Surgical Table & Instruments

The Anterior Approach utilizes a technologically advanced table and special instruments. These help allow your surgeon to precisely position your hip for surgery, thereby enabling your surgeon to accurately position the replacement components for proper hip joint mechanics.