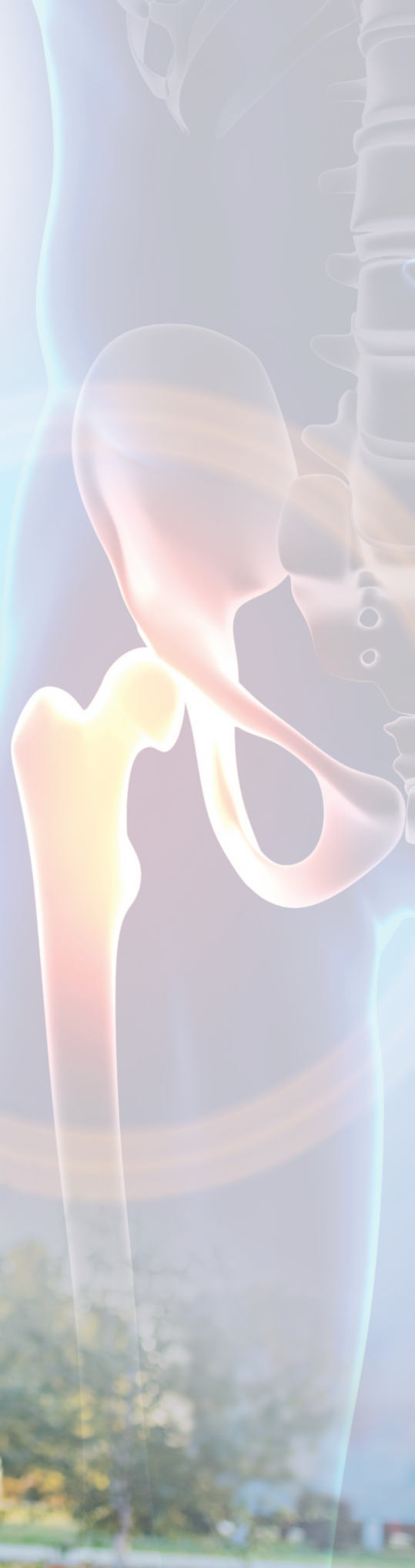
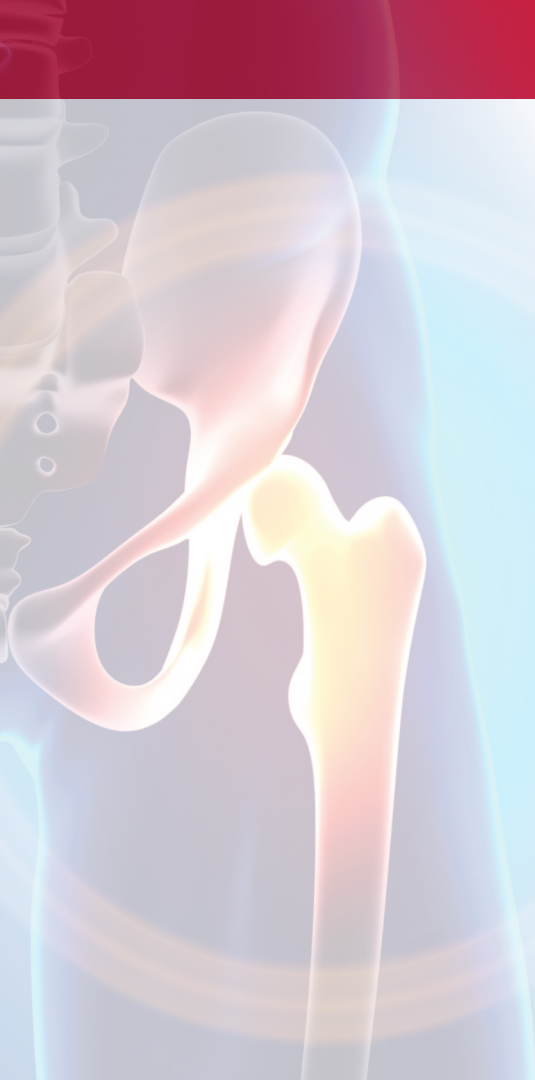




**YOUR
GUIDE
TO**

HIP **REPLACEMENT** **Surgery**





YOUR GUIDE TO HIP REPLACEMENT SURGERY

Hip replacement is a surgical procedure to replace the damaged or diseased parts of the hip joint with new artificial parts (called a prosthesis) made of metal, ceramic, plastic, or various combinations of these materials. The artificial parts are designed to be flexible and strong and to move like a normal hip, thus alleviating pain and restoring movement. Hip replacement surgery is usually considered a last resort when other treatment options have not provided relief.

Who Needs Hip Replacement Surgery?

Hip replacement is typically used for people who have hip joint damage as a result of arthritis, osteoarthritis, or an injury that causes progressively worsening pain and limits work, recreation, and the ordinary activities of daily living.



Your Guide to Hip Replacement Surgery Index:



- [What Is Osteoarthritis?](#)
- [Total Joint Replacement—What to Expect](#)
- [What Happens During Hip Replacement Surgery?](#)
- [What Is the Difference Between Total Hip Replacement and Hip Resurfacing?](#)
- [The Cooper Joint Replacement Program](#)

What Is Osteoarthritis?

Osteoarthritis is a chronic disease that affects the hips, knees, hands, neck, and lower back. This disease is progressive and most often worsens with time. The easiest way to describe osteoarthritis is “wear and tear” of the cartilage of a joint. Symptoms of osteoarthritis include activity-related pain, stiffness, muscle weakness, swelling, and joint deformity.

Total Joint Replacement— What to Expect

Total joint replacement is very effective in treating degenerative joint disease of the hip and knee. However, a successful outcome after total hip replacement also depends on the postoperative rehabilitation. Most patients require home and/or outpatient physical therapy.

The first phase of rehabilitation is working toward achieving full range of motion of the joint. The last phase is building strength and endurance. On average, it takes most people about 3 months to feel comfortable with their new hip. However, many people continue to see improvement for up to a year after surgery.



What Happens During Hip Replacement Surgery?

Hip replacement surgery can be performed with a traditional surgical procedure or with a minimally invasive technique. The main difference between the two procedures is the size of the incision. Your surgeon will advise you on which procedure is best for you.

During standard hip replacement surgery, a large incision (cut) is made along the side of the hip, and the muscles connected to the top of the femur (the large bone in the thigh) are moved to expose the joint. The surgeon uses instruments to enter the joint, where the rounded head (ball) of the femur is removed and the damaged bone is removed from the cup-shaped hip bone (acetabulum), also called the socket.

The ball and socket are then replaced with a prosthesis. The prosthesis has a smooth surface and is tightly fitted into the healthy bones with a special material that allows the remaining bone to attach to the new joint. The new ball part of the femur is then inserted into the new socket part of the hip.



What Is the Difference Between Total Hip Replacement and Hip Resurfacing?

As described earlier, total hip replacement involves removal of the damaged bone and replacement with artificial components to relieve pain and improve mobility.

Hip resurfacing is another surgical procedure that is performed for patients with arthritis of the hip. This surgery is often performed for younger patients who live an active lifestyle. With this procedure, the hip joint is resurfaced and not replaced. You could describe this procedure as similar to a dental capping procedure.

With hip resurfacing, the top of the femur is not replaced and more bone is conserved than with total hip replacement surgery. However, not all patients are candidates for this procedure. You should consult with your orthopedic surgeon to determine which procedure is best for you.



Don't live with needless pain and discomfort any longer.

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Call 856.532.1208 for an appointment with one of our joint replacement experts today.

THE COOPER JOINT REPLACEMENT PROGRAM

At the Cooper Bone and Joint Institute, our Joint Replacement and Reconstruction surgeons are experts in shoulder, hip, and knee procedures. Our coordinated care approach ensures that you receive the highest quality presurgical evaluation, surgical care, and follow-up rehabilitation services.

Patients and families in the South Jersey community and beyond choose Cooper for joint replacement surgery because of our:

- **EXPERTISE.** The Cooper Bone and Joint Institute is the largest academic musculoskeletal institute in South Jersey. Our team includes fellowship-trained and board-certified specialists who have advanced training in the latest techniques for joint care.
- **FORWARD-THINKING TREATMENT APPROACH.** We offer minimally invasive approaches, such as muscle-sparing joint replacement surgery, to decrease recovery time. Our surgeons also use computer-aided navigation and other advanced techniques, leading to more effective results.
- **OUTSTANDING CLINICAL RESULTS.** Our team is committed to patient satisfaction. Many of our patients are up and walking immediately after joint replacement surgery, return home in 2 to 3 days, and experience a significant improvement in their quality of life.
- **INNOVATIVE SURGICAL OPTIONS.** Our Joint Replacement and Reconstruction team has extensive experience performing advanced procedures. We

provide a full range of surgical options, including innovative techniques for primary joint replacement and complex revision procedures.

- **PATIENT-FOCUSED CARE.** Our patient-centered environment is designed to offer our patients the highest level of care. After joint replacement surgery, every patient recovers in a private room on a recently constructed unit. Our unique pain management protocol reduces nausea and discomfort, limiting the need for narcotic medication during and after surgery.
- **TEAM APPROACH.** Our musculoskeletal specialists treat patients who are experiencing the earliest signs of degenerative joint disease. Specialists with different areas of expertise work together to develop a personalized surgical treatment plan for each patient. Our experts also coordinate postsurgical rehabilitation with our Physical Therapy and Rehabilitation staff. This team approach helps patients to return to their usual activities as quickly and safely as possible.
- **PERSONALIZED REHABILITATION CARE.** Our Physical Therapy team is specially trained to work with patients who have had joint replacement. Our team creates a rehabilitation plan tailored to each patient's health and personal goals, with a focus on returning to normal routines.
- **CARE COORDINATORS.** We connect each patient with a surgical scheduler, who helps to navigate the care process. Your scheduler will help you to prepare for surgery.



Committed. Compassionate. Complete.



For more than 130 years, Cooper University Hospital has been a valuable and highly respected South Jersey institution. We've built a reputation as one of the most trusted health systems in the region with nearly two million patient visits annually.

 **Cooper**
University Health Care

For more information, a list of our locations, or to schedule an appointment, [CLICK HERE](#) or call **800.8.COOPER** (800.826.6737).

As an academic health system, Cooper offers patients quality health care, from primary care to specialty care, in one or more of its premier Institutes and Centers of Excellence, including:

- MD Anderson Cancer Center at Cooper
- Children's Regional Hospital at Cooper
- Adult Health Institute
- Bone and Joint Institute
- Digestive Health Institute
- Heart Institute
- Neurological Institute
- Surgical Specialties Institute
- Women's and Children's Institute
- Center for Urgent and Emergent Services
- Center for Trauma Services

Cooper is putting Your Health First with rigorous cleaning and disinfecting at all of our facilities, providing space to maintain physical distance, and requiring masks to be worn by staff and patients. It's safe to come into our offices and hospital.

