

## Patient Benefits

Total Hip Replacement can be less disruptive to your lifestyle.

Many people suffering with arthritis, hip pain and stiffness can now choose a less invasive procedure when hip replacement surgery is their treatment of choice. One of the least invasive surgical options is The Anterior Approach--a technique that minimizes the pain and time from surgery to recovery.

## Faster Patient Recovery

The Anterior Approach is a *tissue sparing* procedure. It seeks to help patients freely bend their hip and bear full weight after surgery. This tissue sparing procedure allows for a faster recovery versus traditional surgery. Traditional hip replacement surgery typically requires strict precautions for several months. As usual, we recommend discussing your specific situation with your surgeon.

## For Your Information

Your Surgeon's Name: \_\_\_\_\_

Your Surgeon's Phone: \_\_\_\_\_

Your Family Doctor: \_\_\_\_\_

Your Family Doctor's Phone: \_\_\_\_\_

Your Surgery Date: \_\_\_\_\_

Return Office Appointment: \_\_\_\_\_

For more information on Total Hip Replacement Surgery, or to make an appointment with an Anterior Approach Surgeon today, please contact Hastings Orthopedic Clinic at (269) 945-9520.

To specifically learn more about our Anterior Approach, please scan our QR code below with your smart phone or web enabled device, or visit us online at [www.pennockhealth.com](http://www.pennockhealth.com).



### Hastings Orthopedic Clinic

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### Pennock Health Services

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Total Hip Replacement Surgery

## Anterior Approach



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## What is the Anterior Approach?

The Anterior Approach allows the surgeon to reach the hip joint from the front of the hip as opposed to the lateral (side) or the posterior (back) approach. This way, the hip can be replaced without detachment of muscle from the pelvis or femur during surgery. The surgeon can simply work through the natural interval between the muscles. The most important muscles for hip function, the gluteal muscles that attach to the pelvis and femur, are left undisturbed and, therefore, do not require a healing process with the Anterior Approach.

As a result of this anterior approach, you will now enjoy a decreased hospital stay, faster recovery, more accurate leg length control, no muscle detachment, a small incision, and reduced pain and risk of dislocation.

## How Is Patient Recovery Improved?

Conventional lateral or posterior surgery typically requires strict precautions for the patient. Most patients must limit hip motion for 6 to 8 weeks after surgery. They must limit flexing of the hip to no more than 60 or 90 degrees which complicates normal activities like sitting in a chair, on a toilet seat, putting on shoes or getting into a car. Simply climbing stairs may also be more difficult during recovery.

**The Anterior Approach** allows patients to immediately bend their hip freely and bear full weight when comfortable, resulting in a more rapid return to normal function.

After surgery, patients are instructed to use their hip normally without cumbersome restrictions. In supervised therapy, patients go up and down stairs before their hospital release.

## A Special Surgical Table Aids the Surgeon



\*Dr. David Heeringa, D.O., onsite surgeon with Pennock Health Services, and practicing Orthopedic Specialist with Hastings Orthopedic Clinic, next to Pennock Hospital's HANA™ Hip and Knee Arthroplasty Table.

### POTENTIAL ADVANTAGES OF THE ANTERIOR APPROACH

	ANTERIOR APPROACH	CONVENTIONAL SURGERY
Average Hospital Stay	2 to 4 days	3 to 10 day
Smaller Incision	4 to 5 inches	10 to 12 inches
Less Muscle Trauma	No muscle detachment	Muscles cut from bone
Faster Recovery	2 to 8 weeks	2 to 4 months
Reduced Pain	✓	
Reduced Blood Loss	✓	
Reduced Tissue Healing Required	✓	
Reduced Risk of Dislocation	✓	
More Accurate Leg Length Control	✓	
More Rapid Return to Normal Activities	✓	

*\*All patients are different and have varying degrees of disability prior to an Anterior Total Hip Replacement Surgery, as well as inherent differences in their overall capabilities. The outcomes described herein speak for the majority of patients seen at both Pennock Health Services and Hastings Orthopedic Clinic, with normal hip deterioration and average capabilities for their age group.*

## Advanced Surgical Table & Instruments

A technologically advanced surgical table and instruments is used for The Anterior Approach. These tools help your surgeon to minimize trauma under the skin by precise patient positioning not possible with conventional tables or technologically advanced instruments. For example, the patient's leg is extended downward to allow frontal access to the hip while minimizing tissue damage. The table also allows for x-ray imaging during surgery to more accurately control implant placement and leg length.