MULTIPLE APPROACHES TO HIP REPLACEMENT

Houston Methodist is one of the nation’s busiest and most progressive centers for hip replacement and complex revisionist hip surgery. Here dedicated orthopedic surgeons perform extensive hip replacement procedures that are based on state-of-the-art techniques and represent the best outcomes with an equal focus on perioperative pain management and rapid rehabilitation.

At Houston Methodist, hip replacement is accomplished through one of several minimally invasive techniques. The mini-posterior approach splits rather than cuts the muscle and eliminates the need for numerous instruments. Many believe the mini-posterior approach is the simplest and easiest approach to hip arthroplasty and provides the greatest safety margin to the patient. The anterior approach also splits rather than cuts the muscles and allows access to the hip joint from the front.

"In addition, we perform the replacement via the anterolateral approach, which is also a less invasive procedure. In this technique, a minimal amount of muscle tendon insertion is detached from the front or the side of the femur to provide safe access to the hip joint. Patients at a high risk for dislocation may benefit from the anterior approach because there is no posterior disruption of the soft tissues," says Stephen J. Incavo, MD, orthopedic surgeon and section chief of adult reconstructive surgery.

Houston Methodist continues to provide high quality patient care in all aspects of reconstructive joint surgery. "Total hip arthroplasty through minimally invasive procedures potentially reduces operative trauma which is expected to result in improved recovery and rehabilitation," says Incavo.

Orthopedic surgeons here are also investigating methods to streamline operating room efficiency through the use of dedicated surgical teams and disposable instruments. "Our equipment demands are enormous for joint replacements. It's unusual for them to be in the OR and working properly. The more we can streamline this process the better it will be for the patient," says Incavo."

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