

Orthopaedic Connection

Frequently Asked Questions

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Last week we finished the section of the course dealing with the "upper extremity". We traveled from the shoulder down to the hand and back up to the elbow.

Now I think it would be time to catch up on some of the things that we are asked about repeatedly. I will cover these from time to time in this way because they don't all come up at one time while we are on a particular region.

How long does a Total Hip Replacement last?

The DePuy, Inc. AML total hip replacement prosthesis that I use has survived 20 - 25 years (and counting) in 95% of patients.

Don't they only last ten years? That's what I heard.

25 + years. Your info is wrong. See above.

Can I run after I have my total hip replacement?

Yes, if you want to come back to see me and have a re-operation. You can run to get out of the rain, but to start or resume a running program is placing too much stress on the parts and could cause the hip to wear out or loosen. Why risk it? Walk, ride a bike, swim, i.e. anything non impact. Your hip is not normal after surgery. It is *artificial*. It can wear out.

Are MRIs better than plain x-rays?

They certainly are more expensive! The two studies are intrinsically different. There are esoteric things that MRI may be able to see that plain x-rays cannot. For the majority of things that affect the hip a plain x-ray is always the best choice. In most cases we don't need an MRI to diagnose arthritis of the hip. So MRI is not better necessarily. It depends on what information is required to diagnose.

What is hip arthroscopy all about?

It is a lot different than knee arthroscopy. Let's start there. Very few Orthopaedic Surgeons are doing hip arthroscopy because it is rarely needed. It can help to diagnose and perhaps treat certain unusual hip conditions. These would include deep tissue structures that are torn, ridges of bone that may form and loose pieces in the joint. The hip joint is (unlike the knee) very deep in the body and surrounded by large muscles and large scary nerves and blood vessels. Damage to these structures during the procedure can cause huge problems for the patient.

Hip arthroscopy can be very helpful in diagnosis and treatment, but it does have a fairly limited application.

What is Myofascial Release?

It is a specialized kind of massage technique, which can promote healing of an injured, stiff or painful muscle. Myofascial release therapy is applied hands on in kneading style strokes to stretch, loosen, soften and lengthen muscles. Pressure is usually held for two minutes to effectively treat the muscle. Treatment can last up to an hour, but has to be individualized in a particular patient and problem.

For answers to all your Orthopaedic questions or concerns please access our office teaching web site www.orthopodsurgeon.com / Your Orthopaedic Connection.

Happy Thanksgiving, everybody.

Be well.

Dr. Haverbush