

About Joint Replacement

A joint is formed by the junction of two or more bones to allow motion. The ends of the bones are covered with a smooth layer called cartilage and held together by thick fibrous tissue, ligaments and muscles. Normal cartilage allows nearly frictionless and pain-free joint movement.



Damaged or diseased cartilage is known as "arthritis." The affected joint becomes stiff, swollen and painful.

Joint pain may also be caused by trauma, such as a serious fracture or an injury that causes severe cartilage damage. The pain caused by this induced arthritis may be so severe a person will avoid

using the joint, weakening the muscles around it and making movement even more difficult.

Total joint replacement relieves pain by replacing worn or damaged cartilage with a prosthetic implant. The hip prosthesis consists of a new ball and socket. The ball is attached to a metal stem secured into the thigh bone and is usually made of metal or ceramic. The socket is metal shell anchored to bone containing a new bearing surface of either plastic, metal or ceramic.

The implants are affixed to bone either by cement or by direct bone ingrowth. Your surgeon will help you decide which is best for you.

About The Joint Care Program

The Joint Care Program at California Pacific Medical Center is a branch of the Department of Orthopedic Surgery, providing specialized services for treating conditions of the hip, knee, shoulder, elbow, foot and ankle.

We offer access to break-through treatment and advances in technology to patients requiring total joint replacement of the hip, knee or shoulder. Our surgeons have deep expertise in leading-edge treatments and work closely with a multidisciplinary team, providing care in rehabilitation medicine and physiatry, as well as physical therapy and occupational therapy.

Our goal is to return function for our patients and to improve their quality of life. We are committed to utilizing the vast array of resources available at California Pacific to provide personalized treatment and a full continuum of care for each patient.

To learn more about the services we provide and to find a physician who is right for you, please contact:

Joint Care Program

California Pacific Medical Center

888-637-2762

www.cpmc.org/services/orthopedics

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Hip Replacement and Resurfacing

Reducing pain, increasing mobility



California Pacific
Medical Center

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Hip Replacement

Hip implants are of two basic designs:

- those fixed to bone by cement and
- those fixed to bone via bone ingrowth into the prosthesis itself.

Both can achieve excellent results.

In general, most active patients will receive a bone ingrowth type implant. This form of fixation is a “living” bond and is more dynamic, but relies on healthy bone and appropriate anatomy to actively attach the prosthesis.



Older patients with softer bone will sometimes do better with cement fixation. Cement precludes the need for ingrowth and accommodates the wider bone often found in elderly bone.

New technologies, small incisions and personalized care contribute to quick recovery, decreased pain and improved mobility. Many patients are able to return to fully active lives. Pain relief can be dramatic.

Who is a Candidate for Hip Replacement?

A total hip replacement is indicated for people who have unrelenting pain from arthritis that has not been adequately controlled by medication or activity modification. Conditions commonly treated with a hip replacement include:

- osteoarthritis
- rheumatoid arthritis
- arthritis from a previous injury or fracture
- arthritis from hip dysplasia
- avascular necrosis of the hip



Hip Resurfacing

Hip resurfacing is an alternative to traditional total hip replacement. It is intended for patients generally under the age of 60 who suffer from hip pain caused by osteoarthritis or arthritis resulting from mild hip dysplasia. This procedure conserves bone in the thigh.

Instead of removing the ball, it is trimmed, shaped and then capped with a metal ball much like a dentist would prepare a crown. A large metal head, close to the size of the patient’s original bone, is used and mated to a polished metal shell on the socket side. The large head markedly reduces any risk of dislocation and the retained bone can be beneficial years later when the implant eventually wears out and needs revision.



Though hip resurfacing does not offer not a guaranteed result for everyone, patients have reported returning to competitive sports and physically demanding occupations with a pain-free hip.

Only a few hundred surgeons in the U.S. are certified in this technique. California Pacific Medical Center has several surgeons trained in this technique. Most were trained in Birmingham, England with the implant’s innovator.

When is Hip Replacement/Resurfacing Indicated/Recommended?

When conservative treatment options such as medication, physical therapy and lifestyle adjustments do not relieve joint pain and disability, one of these procedures may be considered. A patient must be in generally good health. Age alone is not a factor.

After Surgery

Typically, a short hospital stay is required. As part of the continuum of care provided at California Pacific, patients of the Joint Care Program begin working with specialized physical and occupational therapists shortly after their procedures.

Our therapy team designs specific exercise programs which patients can follow independently to accelerate the recovery process. The muscle groups supporting the replaced joint are treated to achieve optimal strength and balance and to restore optimum joint motion.

Physical therapy focuses on:

- muscle balance
- precautionary education
- pain management
- ability to walk safely with ambulatory aides

Occupational therapists specialize in helping patients resume daily self-care tasks such as dressing, bathing and cooking.

