



Pictured is Gail Aycock, hip replacement patient.

Hip Replacement with the hana[®] Table



*Dr. Brett Casey
Orthopedic Surgeon*

Joint replacement surgery is considered the best action against osteoarthritis, with hip replacement surgery being one of the most common replacement

surgeries in the country. Receiving a hip replacement not only relieves pain for the patient but allows them to return back to their normal day-to-day lives.

"Most of the patients who end up facing hip replacement surgery experience such severe pain that they cannot do their day-to-day activities and become dissatisfied with their quality of life," said Orthopedic Surgeon Dr. Brett Casey. "What usually causes the hip pain is osteoarthritis (which has a high genetic component), inflammatory arthritis or post-traumatic arthritis (which is caused by injury)."

Terrebonne General Medical Center (TGMC) has recently made an addition to their orthopedic surgery suite. The new hana[®] hip table allows for hyperextension, adduction and external rotation of the hip. With the hana[®] table, anterior hip replacement surgery

is performed through a natural interval among the hip's muscle group. This anterior approach makes it possible to reach the hip joint from the front of the hip rather than the side or back as in traditional hip replacement surgeries.

Although there are non-operative options for hip pain like anti-inflammatory medicines, receiving a hip injection or using a cane, surgery is often the most permanent option in pain relief for chronic hip pain sufferers.

Gail Aycock, a local resident who is a gardener, dancer and exerciser, received the surgery in November 2012 and is now back to her daily routine of working, gardening, driving and exercising. "I stayed in the hospital for less than 72 hours after surgery and was driving within a month. The hana[®] table made a huge difference. If I would have known I was going to recover so quickly, I would've gotten the surgery two years ago!"

The hana[®] table has made the hip replacement operation easier on both the doctor performing the operation and the patient receiving the surgery. Before the hana[®] table, hip replacement surgery involved a large incision (possibly up to 12 inches long), an average hospital stay of three to 10 days and recovery time that lasted from two to four months.

Contrast that with the anterior hip replacement using the hana[®] table, which involves a four- to five-inch incision and no muscle detachment: Most anterior hip replacement patients at TGMC go home on the third day and recover in two to eight weeks. There is reduced pain and blood loss, less tissue healing is required and patients can return more rapidly to normal activities. The surgery using the hana[®] table also lowers the risk of hip dislocation. With this new procedure, patients can immediately bend their hips freely and bear full weight on the new joint when comfortable.

By introducing an option that eases the difficulty of surgery, it raises hope that more people suffering with hip pain will seek treatment. "For some patients, the hip replacement will last somewhere between 15 and 25 years," Dr. Casey explained. "For others, it will last a lifetime."

For more information on TGMC's orthopedic services, please call 1-888-543-8462 (TGMC).

■ *Dr. Casey is an orthopedic surgeon on active staff at TGMC along with Drs. Cenac Jr., Haydel II, Kinnard, LaSalle and McAllister.*