# 全髖關節置換

# **Total Hip Replacement**

Total hip replacement is a surgery to replace worn or damaged parts of the hip joint. The surfaces of the diseased joint are removed and replaced with an artificial joint. This surgery can relieve pain and improve movement in your hip joint.

You may need a total hip replacement if:

- Other treatments, such as medicine, steroid injections, and physical therapy, no longer stop your pain or help movement of the joint.
- The pain or poor movement in your hip prevents you from doing your normal activities.

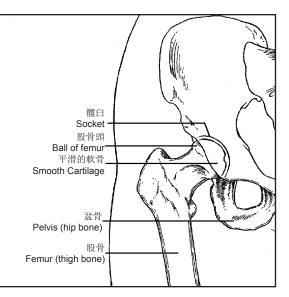
全髖關節置換術是一種置換髖關節磨損或損 傷部位的手術。此手術是將病變關節的表面 切除,以人工關節取代。全髖關節置換術能 減緩疼痛並改善髖關節的運動能力。

如有下列情形,可能需要進行全髖關節置 換:

- 其他治療方法,如藥物、注射類固醇和物 理治療,已無法止痛或幫助改善關節的運 動能力。
- 髋部疼痛或運動不良防礙了正常的活動。

### **Normal Hip Joint**

Your hip is a joint where the thigh bone (femur) meets the hip bone (pelvis). A healthy hip has layers of smooth cartilage that cover the ball-shaped end of the femur and socket shaped part of the pelvis. The cartilage acts as a cushion and allows the ball of the femur to glide easily within the socket of the pelvis. The muscles around the joint support your weight and help move the joint smoothly.



正常的髖關節

髖部是連接股骨與骨盆的 關節。健康的髖關節有數 層平滑的軟骨,覆蓋在球 狀股骨頭與骨盆的臼狀部 位的表面上。軟骨具有緩 衝的作用,讓股骨頭能在 髖臼內自由滑動。關節周 圍的肌肉支撐身體重量, 幫助關節平順的運動。

#### Worn Hip Joint

The smooth cartilage layers can wear down on the ball and socket part of the hip joint. The cartilage can wear down as you age or from injury, arthritis or a side effect from certain medicines. When the joint wears down, the smooth surfaces become rough, like sandpaper. As you move your leg, the ball grinds in the socket causing pain and stiffness.

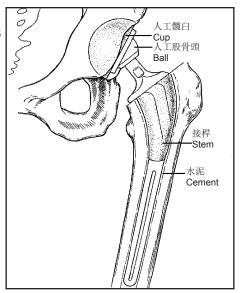
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開節空間 變窄 Narrowed Joint space 骨刺 Bone spurs 磨損的軟骨 Worn cartilage 髋關節的球窩與髋臼上的平 滑軟骨可能會磨損。年齡增 長、受傷、關節炎或某些藥 物的副作用都可能造成軟骨 磨損。關節磨損後,平滑的 表面會變得粗糙不平,像砂 紙一般。腿部移動時,球狀 股骨頭在髋臼內碾壓,造成 疼痛與僵硬。

## **Total Hip Replacement**

During surgery, the damaged cartilage and ends of the bones of the hip joint are removed. A new joint is created using an artificial cup and ball made of metal and very strong plastic. The cup replaces the worn hip socket of your pelvis. The new ball is attached to a stem that fits into your femur and may be cemented in place with special bone cement. The metal has a porous surface that your bone will grow into as it heals to create a tight fit.

#### 全髖關節置換



手術時,將髖關節受損的軟骨 和骨端切除。使用金屬和高強 度的塑膠製成杯狀的人工髖臼 與股骨頭,做為新的關節。人 工髖臼取代骨盆已經磨損的髋 臼。新的股骨頭接在一根接桿 上,並且可能使用特殊骨泥將 接桿與股骨固定在一起。金屬 的過程中會長入金屬表面, 與金屬結合成一體。

# Joint Pain and Movement After Surgery

The staff will help you stand and begin walking with a walker the day of or day after surgery. You will have some pain as you heal and your muscles regain their strength. This pain should go away in a few weeks and pain medicine will be ordered to help relieve your pain. With your new joint and physical therapy, you may be able to resume many of the activities you enjoy.

Talk to your doctor or nurse if you have any questions or concerns about total hip replacement.

### 術後的關節疼痛與運動

手術當天或第二天,醫護人員會協助患者站 立,並開始使用助行器走路。隨著手術部位 的癒合及肌肉恢復力量,患者會感到些許疼 痛。這種疼痛應會在幾週內消退,並可使用 止痛藥幫助減緩疼痛。置換新關節加上物理 治療後,患者即可能可以繼續從事許多活 動。

若您對於全髖關節置換有任何疑問或擔憂, 請諮詢您的醫生或護士。

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