



BARRINGTON
Orthopedic Specialists
Specializing in You

**Direct Anterior
Hip Arthroplasty**



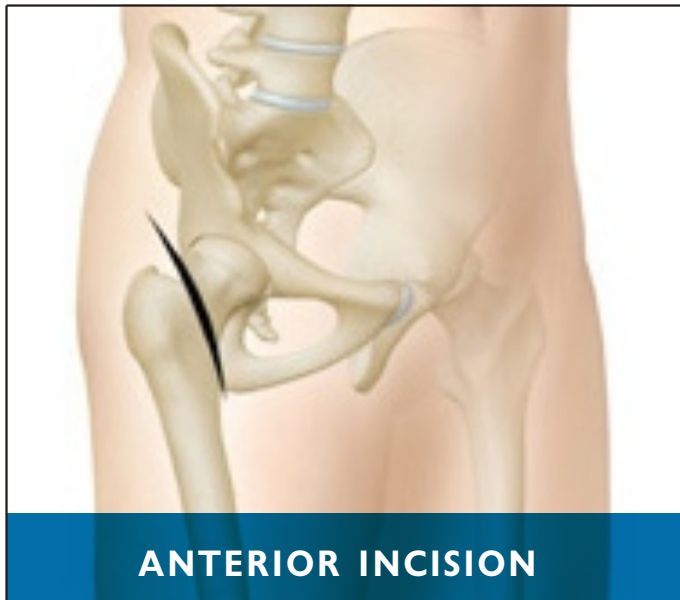
WHAT YOU NEED TO KNOW ABOUT

Direct Anterior Hip Arthroplasty

Hasham M. Alvi, M.D.

DIRECT ANTERIOR HIP ARTHROPLASTY

The Direct Anterior Hip Arthroplasty produces effective and dramatic relief for adult patients suffering from severe arthritis of the hip. This hip replacement procedure provides recovery and return-to-lifestyle benefits not found in other surgical approaches for hip replacement.



WHAT IS THE DIFFERENCE BETWEEN TRADITIONAL TOTAL HIP REPLACEMENT AND THE DIRECT ANTERIOR HIP ARTHROPLASTY?

In traditional hip replacement surgery, an incision is made along the posterior aspect of the thigh and buttocks. The posterior approach typically requires a longer incision, detachment of muscle and soft tissues, and includes a longer rehabilitation period. Furthermore, hip dislocation precautions are necessary to reduce the risk of the ball dislocating from the socket. This means the patient must avoid crossing their legs or flexing the hip beyond 90 degrees for 12 weeks after surgery.

The Direct Anterior Approach for total hip replacements allows for a smaller incision compared to other surgical approaches. This allows the posterior muscles to remain intact allowing for less restrictions and a faster recovery.

Through the anterior approach, Dr. Alvi is able to access the hip joint by working in between the muscles rather than taking any of them down. Due to this, the traditional hip dislocation precautions are not required since the posterior muscles have not been detached.

Dr. Alvi uses a special table to perform the surgery. He also uses X-ray in the operating room to ensure he is placing the implants in the right position and decreasing the risk of leg lengths being unequal.

Schaumburg Office
929 W. Higgins Road
Schaumburg, IL. 60194

Elk Grove Village Office
120 East Higgins Road
Elk Grove Village, IL. 60007

Bartlett Office
864 West Stearns Road
Bartlett, IL. 60103

Buffalo Grove Office
404 North McHenry Road
Buffalo Grove, IL. 60089

847.285.4200
www.BarringtonOrtho.com

WHAT ARE THE BENEFITS TO THE ANTERIOR APPROACH?

The Anterior Approach to total hip replacement is an alternative to traditional hip replacement surgery that provides the potential for less pain, faster recovery and improved mobility. Unlike traditional hip replacement surgery, this technique allows the surgeon to work between the muscles and tissues without splitting or detaching them.

The potential benefits of the Anterior Approach are:

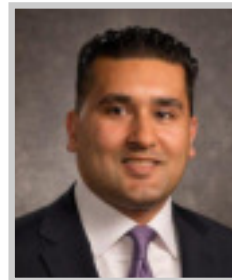
- Accelerated recovery time because key muscles are not detached during the operation.
- This procedure allows full weight bearing immediately and does not restrict hip motion.
- Reduced scarring because the technique allows for one relatively small incision. Since the incision is on the front side of the leg, the patient may be spared from the pain of sitting on scar tissue.
- The implant stabilized sooner after surgery, resulting in part from the fact that their key muscle and tissues are not disturbed during the operation.

Patient benefits:

- Shorter Hospital Stay
- Less scarring
- Minimized muscle trauma
- Less risk of dislocation
- Less pain, meaning less pain medication
- Reduced costs due to shorter hospital stay
- Equal leg lengths
- No restrictions on hip movements
- Early resumption of work, recreation and activities of daily living

WHAT ARE THE RISKS TO HAVING HIP REPLACEMENT SURGERY?

Every surgical approach has risks and benefits. The performance of a hip replacement depends on age, weight, activity level and other factors. There are potential risks, and recovery takes time. Consult Dr. Alvi to see if you are a candidate for the Direct Anterior approach to total hip replacement.



Hasham M. Alvi, M.D.

Dr. Hasham Alvi is a fellowship-trained orthopedic surgeon at Barrington Orthopedic Specialists. Dr. Alvi specializes in primary and revision joint replacement including total

knee replacement, total hip replacement, and the anterior approach to total hip replacement. He treats a comprehensive list of injuries and conditions that pertain to the hip and knee. Dr. Alvi sees patients at each of our office locations which includes Schaumburg, Elk Grove Village, Buffalo Grove, and Bartlett.

Dr. Alvi earned his medical degree from Upstate Medical University in Syracuse, NY. Upon finishing medical school, he completed his general surgery internship and orthopedic surgery residency at McGaw Medical Center at Northwestern University located in Chicago, IL. Dr. Alvi then stayed on at Northwestern University to further his training with a fellowship in advanced adult joint reconstruction, revision, and fracture surgery.

Currently, Dr. Alvi resides in Glenview with his wife and two sons. When he is not attending to patients, Dr. Alvi enjoys spending time with his family, weightlifting, biking, sports, and traveling.