



HIP

Understanding anatomy, pain,
treatment, and replacement surgery



Most people don't think about the movement of their joints until their joints become diseased and painful.

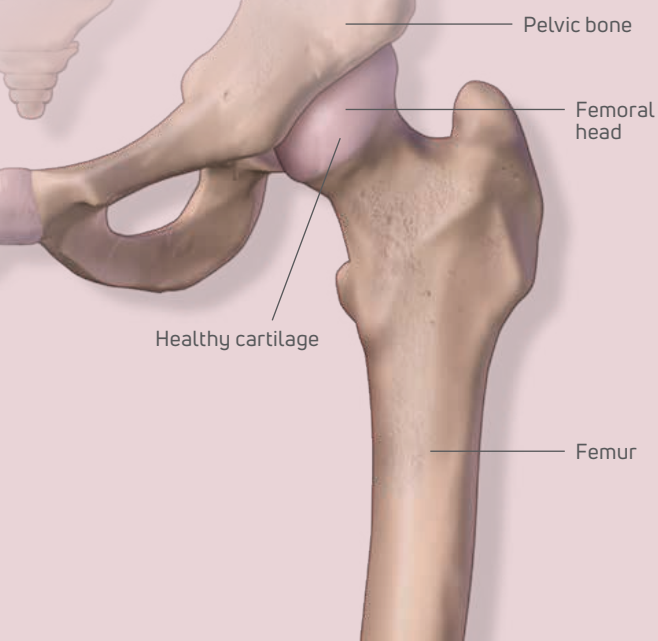
Normally, your hip joint moves easily. However, when you have arthritis or another hip injury, the pain can severely limit your ability to move and enjoy life.

This brochure is designed to help you understand the anatomy of your hip, treatment options for hip pain and total hip replacement surgery. Your orthopaedic surgeon will be able to explain your options so you can decide together what the best course of treatment will be.



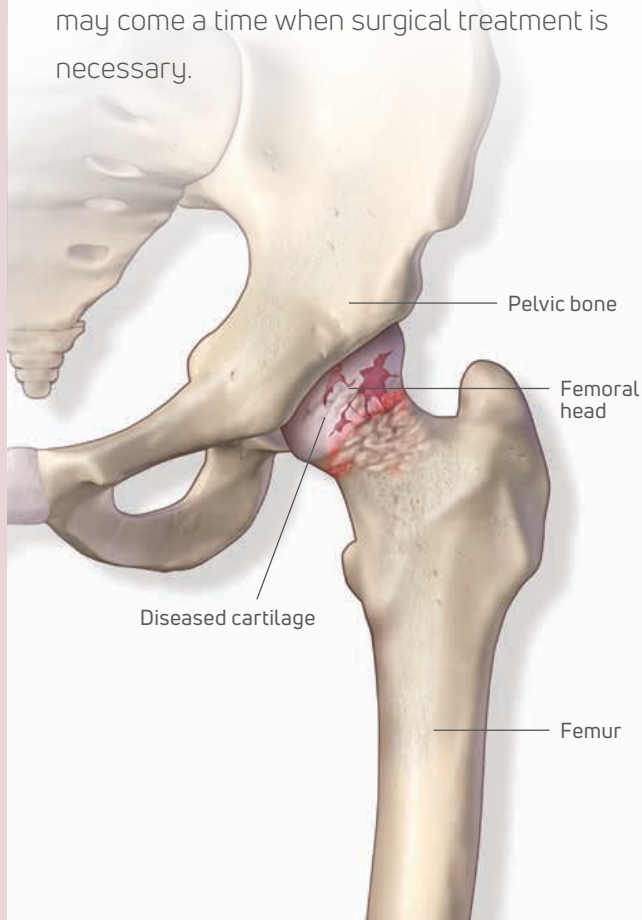
HOW THE HIP WORKS

The hip is a ball-and-socket joint and is the body's second largest weight-bearing joint (after the knee). The ball of the joint, which is at the top of the bone in your upper leg (the femur), is called the femoral head; and the socket created by the hollow of your pelvis is called the acetabulum. Cartilage is a layer of tissue that covers the femoral head and lines the socket of the pelvic bone. Healthy cartilage absorbs stress and allows the ball to glide easily in the socket.



COMMON CAUSES OF HIP PAIN

Common causes of hip pain include osteoarthritis, rheumatoid arthritis, post-traumatic arthritis and avascular necrosis (AVN). As the cartilage lining wears away, the protective lining between the bones is lost. When this happens, painful bone-on-bone arthritis develops. Severe hip arthritis can be quite painful and can restrict motion in your hip. While this may be tolerated with some medications and lifestyle adjustments, there may come a time when surgical treatment is necessary.



ORTHOPAEDIC EVALUATION

To properly diagnose your condition, your orthopaedic surgeon will conduct a thorough evaluation, which may consist of:

- Review of your medical history
- Physical examination
- X-rays
- Additional tests as needed

(for example: laboratory testing of blood, urine, or joint fluid)

TREATMENT OPTIONS

Depending on your diagnosis and the severity of your hip arthritis, your treatment options may include:

- Medications
- Physical therapy
- Joint replacement

HIP REPLACEMENT SURGERY

Hip replacement surgery may be considered when arthritis limits your everyday activities such as walking and bending, and when you get little pain relief from anti-inflammatory drugs or other treatments, such as physical therapy.

The goals of hip replacement surgery are to promote pain relief and help restore the range of motion in the hip. A total hip replacement is typically used for the severely arthritic joint. It involves the removal of arthritic bone ends and damaged cartilage and replacing them with prosthetic implants that are designed to replicate the hip joint.

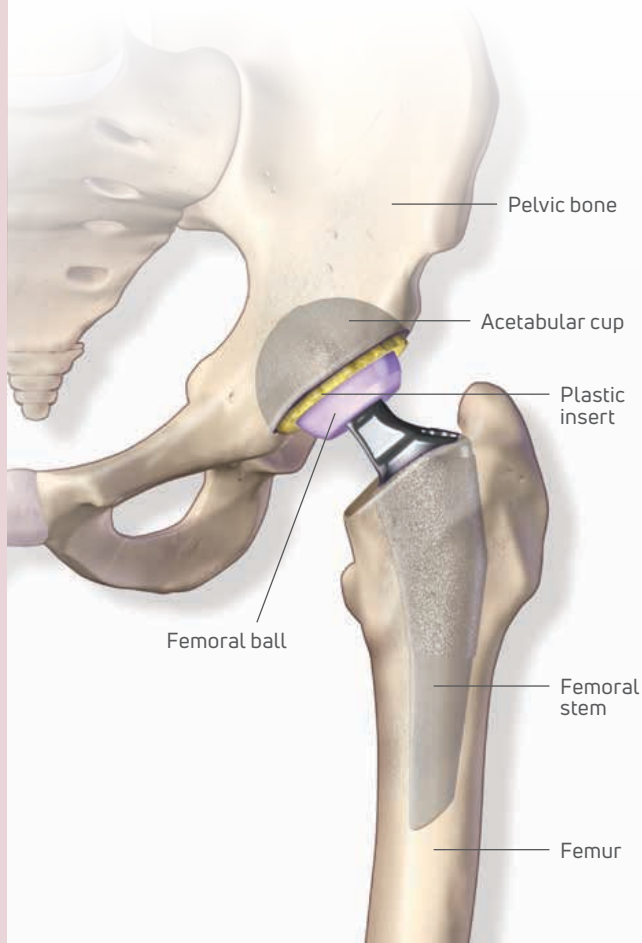
Did you know? Over 350,000 patients will receive a total hip in the U.S. each year¹.

THE PROCEDURE

In surgery, the surgeon will remove the worn head of the femur (thigh bone) and replace it with a ceramic or metal ball mounted on a metal component. The metal component (or femoral stem) is a stem that is placed into the center of the thigh bone. The acetabulum (hip socket) will be replaced with a metal cup that attaches to the bone. A polyethylene insert is then snapped into the metal cup. The ball and insert are designed to glide together to replicate the hip joint.

TAPERFILL® HIP PROSTHESIS

The TaperFill® Hip System is a femoral stem component designed for patients with hip arthritis. It is the first anatomically congruent stem designed from CT-scan data for improved stability². TaperFill is a bone-conserving stem designed to restore individual patient anatomy and is exclusively from DJO^{®2}.





IMPLANT LONGEVITY

Vitamin E is a naturally-occurring antioxidant that has been added to DJO's plastic implants. Blended Vitamin E plastic is designed to reduce long-term wear by up to 92%, which may extend the life of your implant³. It is also designed to provide smooth movement throughout range of motion and enhance the strength of the plastic implant³.

RECOVERY

Exercise is an important part of the recovery process. Your doctor or physical therapist will provide you with specific exercises to help restore movement and strengthen your hip joint. In general, your doctor will encourage you to use your "new" joint shortly after your operation, sometimes even the same day.

SUMMARY

When arthritis is impacting your daily activities, consider speaking with an orthopaedic surgeon about your options. You and your doctor will be able to determine the appropriate treatment and prosthesis for your particular condition. If conservative treatments have not been effective for you, talk to your doctor about hip replacement.

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1. SmartTrak Market Overview: Primary Total Hip Arthroplasty Estimate for 2019. Accessed www.smarttrak.com Nov 2018.
2. TaperFill® White Paper (2014).
DJO® Literature 0021228-131 rev A 5/14
3. Data on file at DJO Surgical®

Individual results may vary. DJO Surgical® is a manufacturer of orthopedic implants and does not practice medicine. Only an orthopedic surgeon can determine what treatment is appropriate. Individual results of total joint replacement may vary. The life of any implant will depend on the patient's weight, age, activity level, and other factors. For more information on risks, warnings, and possible adverse effects please speak with your doctor directly; you should always ask your doctor if you have any questions regarding your particular condition or treatment options.