

Regain Your Mobility and Find Relief

HEALING HIPS WITH
PERSONALIZED CARE
PLANS




Advent Health

Overcoming Pain and Injury

It can be difficult to get out of bed, let alone tackle all of today's tasks, if you have a hip problem. When a strain, fracture, dislocation, or tendinitis interferes with your normal activities, it's time to seek advanced care from experts you can trust. AdventHealth's nationally recognized orthopedic specialists are dedicated to enhancing your mobility and helping improve your quality of life.

Treating Chronic Osteoarthritis

If you've been living with years of increasing pain and decreasing mobility, you're likely experiencing degenerative osteoarthritis. As the soft cartilage between your bones wears away, you may feel weakness, instability, soreness, and stiffness in your hip joints. Whether your arthritis is caused by your age, lifestyle, previous injuries, or simply genetics, we're here to help identify and treat your unique challenges.



Intervention for Joint Issues

HIP REPAIR AND REPLACEMENT

Joint replacement and resurfacing are some of the most consistently successful operations in orthopedic surgery. Overall patient satisfaction, including pain relief and improved mobility, is extremely high. The type of reconstructive procedure we can help you choose depends on many factors, including your general health, age, weight, desires, expectations, mental and physical state, and the condition of your hip joint and its supporting structures.



Hip Repair Through Resurfacing

If you're younger or are very active, our specialists might recommend hip resurfacing to repair your hip joint.

Your bone is reshaped and fitted with a resurfacing device that has two parts: a socket in the shape of a shallow cup and a cap in the shape of a ball. The cup replaces the damaged surface of your hip socket (acetabulum) and the cap covers the ball-shaped bone at the top of your thigh (femoral head). The cap has a small stem that is inserted into the top of your thigh bone. Resurfacing allows eligible patients to retain more of their natural bone and delay potential hip replacement until later in life.

Hip Replacement By Expert Surgeons

Hip replacements are designed to decrease pain and restore function to joints that have been damaged by osteoarthritis, rheumatoid arthritis, trauma, or other degenerative conditions. They're recommended when conservative measures such as weight loss, decreased activity, medication, and injections no longer provide relief, or when pain in the hip becomes so severe it interferes with routine activities of daily living.

A total hip replacement involves removing damaged bone. A metal stem is placed in the hollow center of the thigh bone (femur) and secured tightly. A metal or ceramic ball is placed on the stem replacing the head (ball) of the femur. The surface of the socket (acetabulum)

in the pelvis is removed and replaced with a metal socket. Screws or cement hold this in place, and a plastic liner is used to allow smooth movement of the joint.

Hip Replacement with Mako™ Technology

This type of robotic-arm assisted surgery may be the ideal choice for some hip replacements due to:

- Highly accurate placement of the hip implant which can reduce the likelihood of hip dislocation
- More consistency in leg length, potentially decreasing the need for a shoe lift
- Decreased risk of the implant and bone abnormally rubbing together, which may improve the lifetime of the implant

Mako technology provides your surgeon with a unique 3D model to help pre-plan your hip replacement. During surgery, your surgeon guides the robotic arm based on your patient-specific plan. He or she will be able to focus on removing diseased bone, preserving healthy bone, and positioning the total hip implant based on your anatomy.



Strengthen and stabilize with physical therapy

Physical therapy is often used to help those with musculoskeletal injuries restore or improve their functional ability, overcome pain, and prevent further injury. Based on your individual needs, your physician may prescribe physical therapy before surgery (to strengthen muscles and make recovery easier), as a follow-up to surgery (to help regain movement and flexibility), or a combination of both. This non-invasive treatment may even eliminate the need for surgery in some cases.



Pre-Op Education to Help You Feel Prepared **YOUR PARTNER ON THE JOURNEY**

We want to take the mystery out of joint replacement surgery and recovery by teaching you and your family what to expect before you're admitted to the hospital. A few weeks prior to surgery, an informational class may be scheduled that will allow you to ask questions about your upcoming procedure. Learning about pre- and post-op care helps our patients play an active role in their recovery and have better outcomes.

During this class, you may be taught range-of-motion and strengthening exercises as well as safe movement techniques for activities like climbing stairs, bathing, dressing, and more. After your procedure, your doctor will explain how to care for your incision as it heals, as well as what physical therapy, medications, and/or lifestyle changes are needed going forward. Our orthopedic team will guide you from the joint replacement surgery class all the way through to returning home and postoperative follow-up.





Care Close to Home

OUR CONNECTED NETWORK OF CARE

AdventHealth Carrollwood
7171 N. Dale Mabry Highway
Tampa, FL 33614

AdventHealth Dade City
13100 Fort King Road
Dade City, FL 33525

AdventHealth Heart of Florida
40100 US Highway 27
Davenport, FL 33837

AdventHealth Lake Placid
1210 US Highway 27 N.
Lake Placid, FL 33852

AdventHealth Lake Wales
410 S. 11th Street
Lake Wales, FL 33853

AdventHealth North Pinellas
1395 S. Pinellas Avenue
Tarpon Springs, FL 34689

AdventHealth Ocala
1500 SW 1st Avenue
Ocala, FL 34471

AdventHealth Sebring
4200 Sun 'n Lake Boulevard
Sebring, FL 33872

AdventHealth Tampa
3100 E. Fletcher Avenue
Tampa, FL 33613

AdventHealth Wauchula
735 S. 5th Avenue
Wauchula, FL 33873

AdventHealth Wesley Chapel
2600 Bruce B. Downs Boulevard
Wesley Chapel, FL 33544

AdventHealth Zephyrhills
7050 Gall Boulevard
Zephyrhills, FL 33541



Get started on the path to recovery.

If you've suffered a hip injury, were diagnosed with osteoarthritis or have been experiencing pain, weakness or instability in your joints, we want to get you the help you need. Please give us a call at 844-85-ORTHO to learn more about treatment options and see how we can bring your hip back to health.

Let's talk in person.

For more information about the AdventHealth Orthopedic Hip Program or to make an appointment, call 844-85-ORTHO.

This guide is provided to the general public to disseminate health-related information. The information is not intended to be used for diagnosing or prescribing. Please consult your physician before undertaking any form of medical treatment and/or adopting any exercise program or dietary guidelines.