

Hospital uses new approach to hip pain

Provided by Tammy Jones
SPECIAL TO FEELING FIT

End stage arthritis of the hip is an extremely common problem faced by many patients. As the population ages, this problem will continue to grow.

As with most degenerative joint conditions, once the patient fails to respond to conservative measures, joint replacement is the only alter-



Dr. Jason Reiss

native. Fortunately, hip replacement surgery continues to be one of the most successful procedures performed in the 20th century.

The procedure, which began in the 1960s, has undergone substantial growth and advancement over the past 40 years. Improvements in component materials, hip design, and surgical techniques continue to evolve.

An area of special interest is in the "approach" to the hip.

For years, most surgeons have chosen to gain access to the hip through a dissection into the back, or "posterior" of the hip joint.

While successful, there are some innate problems with this approach.

In order to gain access to the back of the hip, the patient is often placed on their side during the surgery.

This can lead to improperly positioned parts in the hip, ultimately leading to a higher dislocation rate.

Additionally, it is difficult to ascertain the patient's leg lengths while the patient is in this side position. This can often lead to significant increases in leg lengths on the operative side, the number one complication for total hip replacement surgery.

To combat these issues, certain highly trained surgeons have decided to enter the hip joint through the front, or "anterior" portion of the joint.

This "anterior" approach allows the patient to be positioned on their back, allowing the surgeon the freedom to check the patient's leg lengths during the surgery. Also, because the patient is flat on their back with this approach, placement of the components is often easier and more precise, thereby decreasing the incidence of hip dislocation.

Only a handful of orthopedic surgeons in Florida utilize the "anterior" approach. Most surgeons in this area utilize a "posterior" approach. In other parts of the country, however, the "anterior" approach is more prevalent.



Photos provided

Using the newest technique in surgery allows patients to have a shorter hospital stay, and faster recovery time, leaving them to do what they love most about Florida.

As of recently, only three surgeons on the entire west coast of Florida utilize the "anterior" method for hip replacement surgery.

One of them, Dr. Jason Reiss, recently arrived in

Charlotte County from Philadelphia, Penn

Dr. Reiss was trained with both methods; however has chosen the "anterior" approach as his preferred method due to the above rea-

sons.

As a fellowship trained joint replacement surgeon, Dr. Reiss elected to spend an additional year of training, performing only hip and knee replacements, under the tutelage of some of the country's finest surgeons.

Dr. Reiss is currently establishing his practice in Port Charlotte and North Port with the Charlotte Orthopaedic Clinic, where he has joined Dr. David Kaler.

Dr. Reiss performs this procedure at Peace River Regional Medical Center.

Peace River Regional Medical Center is a 220-bed Joint Commission Accredited full service hospital that serves residents in Charlotte, Sarasota and DeSoto counties.

Tammy Jones is the marketing specialist for Peace River Regional Medical Center.

POTENTIAL ADVANTAGES INCLUDE:	Anterior Approach	Conventional Surgery
Average Hospital Stay	2 to 4 days	3 to 10 days
Smaller Incision	4 to 5 inches	10 to 12 inches
Less Muscle Trauma	No muscle detachment	Muscles cut from bone
Faster Recovery	2 to 8 weeks	2 to 4 months
Reduced Pain	✓	
Reduced Blood Loss	✓	
Reduced Tissue Healing Required	✓	
Reduced Risk of Dislocation	✓	
More Accurate Leg Length Control	✓	
More Rapid Return to Normal Activities	✓	

Listed here are potential advantages of the anterior approach to hip pain as compared to conventional surgery.