

MIS™ Mini-Incision Hip Replacement

A Minimally Invasive Solutions Procedure.

On the go never felt so good!

Whether you look forward to a daily morning bike ride or a leisurely afternoon walk around the neighborhood, your life is lived in constant motion. Many people have become accustomed to living an active lifestyle and do not have plans of slowing down any time soon. At Ohio Orthopaedics & Sports Medicine we understand that your daily activities will eventually produce strain and wear on your joints. Many people take for granted the ability to walk or sit without experiencing pain. However, if you are experiencing discomfort in your hip joint during any physical activities, it may be time to consider treatment options available to you.

At Ohio Orthopaedics & Sports Medicine, we are proud to offer a minimally invasive surgical procedure for hip replacement. Having surgery does not need to result in a life of inactivity, but rather one that is enhanced with comfort and stability. The Minimally Invasive Solutions (MIS™) Mini-Incision Hip Replacement surgery will allow the damaged joint surfaces and cartilage to be removed and replaced in a less invasive and painful way. If you are experiencing discomfort, it can not only limit movement but limit your freedom to live life as you please. Our specialized physicians have the expertise to help you return to your active lifestyle and enjoy a pain-free life.



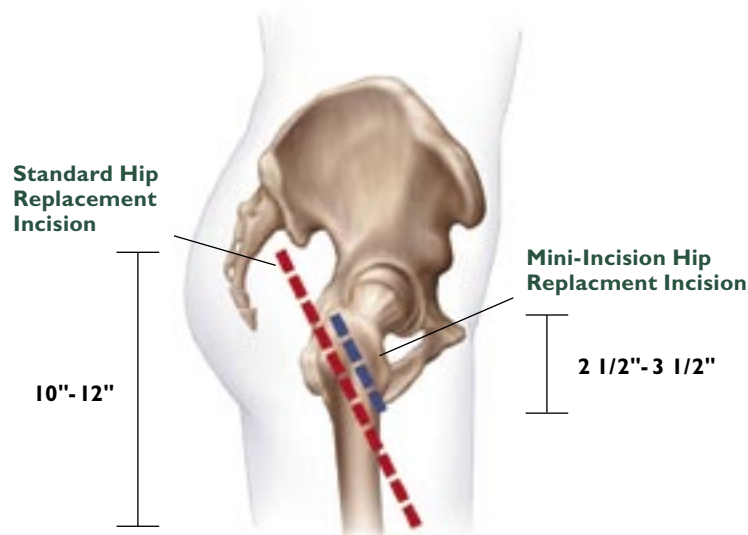
The MIS Mini-Incision Hip Replacement surgery.

The MIS Mini-Incision Hip Replacement surgery, a minimally invasive alternative to traditional hip surgery, utilizes specialized instruments and techniques to replace damaged hip joints. When traditional surgery was the only option available, a long, 10- to 12-inch incision was made at the hip, cutting through muscles, tendons and ligaments. The Mini-Incision procedure is similar to the traditional hip replacement but only involves one, 2 1/2 - to 3 1/2-inch incision, allowing less invasive access to the hip joint. When accessing the joint, your physician will separate the muscles, tendons and ligaments and move them aside instead of cutting through them. By precisely positioning the incision and going between muscles instead of cutting through them, damage to the tissues surrounding the hip is minimized. This new approach and smaller incision causes less scarring, less tissue damage and trauma, which results in a shorter hospital stay, less blood loss, a more rapid recovery, and faster return to work and play.

The physicians at Ohio Orthopaedics & Sports Medicine are continually searching for new procedures to meet our patient's changing needs. The Mini-Incision Hip Replacement surgery is another option we provide to help you experience relief and shorten the time it takes to return to a normal lifestyle.

What to expect after the Mini-Incision Hip Replacement surgery.

The benefits of the Mini-Incision Hip Replacement surgery will be most apparent during your brief recovery period. This advanced MIS procedure makes only one small incision and avoids cutting muscles, tendon or tissue around the hip joint and, on average, most patients will be hospitalized for only three to four days. During your time at the hospital, our staff will show you skills and exercises to strengthen your leg and gain flexibility. At Ohio Orthopaedics & Sports Medicine, our physicians are committed to make your transition from surgery to recovery as fast and pain free as possible. After the MIS Mini-Incision Hip Replacement procedure, a follow-up visit will be scheduled to ensure your hip is healing properly. Stitches or staples are often removed about two weeks after surgery, and your doctor will then schedule additional follow-up visits based on your individual needs.



Physical therapy sessions will be a critical part of the recovery and rehabilitation process. The physical therapists will have you walking again as soon as possible and will teach you how much pressure to bear on your new joint. **We want to highlight the importance of attending all physical therapy sessions and performing daily exercises.** This therapeutic combination will allow you to get your hip back to its full range-of-motion at a healthy pace. Gradual exercise is necessary, but be cautious not to over-strain your body.

Although this technology is less invasive and can provide you with greater stability immediately after surgery, remember to take it slow. Practice your exercises and avoid risky movements. Your new joint may feel a bit stiff at first, but as you continue to build muscle strength and improve joint motion, you will be on your way to a successful recovery.

Helpful reminders before and after your Mini-Incision Hip Replacement.

At Ohio Orthopaedics & Sports Medicine, we want to get you back to enjoying life and experiencing pain-free movement. Please remember to follow your doctor's instructions. The Mini-Incision Hip Replacement surgery provides a faster and less painful surgical option, and we are here to aid you in a healthy recovery. We have put together before and after surgery hints to help our patients be prepared for the surgical experience.

Before Surgery:

- See your primary care physician
- Finish any dental work
- Ask how to manage blood loss
- Stock up on canned and frozen foods and store food and supplies between waist and shoulder level
- Prepare a sleeping area on the main living level to minimize trips up and down the stairs
- Pick up clutter around the house and tape down electrical cords
- Arrange for a friend or family member to deliver groceries and run errands
- Follow doctor's orders on when to stop eating and drinking before surgery
- Ask what medications should be avoided before surgery

After Surgery:

- Schedule your first follow-up visit with your doctor
- Keep the incision dry until all stitches or staples are removed
- Immediately call your doctor if there are any signs or symptoms of infection
- Complete physical therapy
- Discuss an appropriate timetable to go back to work
- Avoid specific strenuous activities indicated by your doctor



Clinic Locations

Findlay

301 West Wallace Street
Findlay, Ohio 45840
419.424.0131

Fostoria

501 Van Buren Street
Fostoria, Ohio 44830
419.436.0996

Ottawa

1740 North Perry Street
Ottawa, Ohio 45875
419.424.0131

Tiffin

27 St. Lawrence Drive, Suite 102
Tiffin, Ohio 44883
419.448.7424

Physical Therapy Location

1733 Western Avenue, Suite C
Findlay, Ohio 45840
419.425.6786



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