

# HIP REPLACEMENT

## A New Anterior Approach

Gale Sandor had always been an active woman, but as time (and arthritis) began taking a toll on her joints, she knew it was time to face the inevitable—she was going to need a hip replacement. But conventional hip replacement surgery didn't appeal to her: It requires doctors to cut through muscles from the back (buttock) or the side of the hip to replace the joint and it often means a long, painful recovery process. Unable to bear any more pain and unwilling to give up on her active lifestyle, Gale began researching other options.

That's when she discovered the new anterior approach to hip replacement—a minimally invasive procedure that drastically reduces pain and recovery time. Her next challenge was to find somebody locally who was qualified to do the surgery. Surprisingly, not many hospitals offer it.

She turned to Stephen Kayiaros, MD, Clinical Assistant Professor of Surgery at Rutgers Robert Wood Johnson Medical School and an orthopedic surgeon at Robert Wood Johnson University Hospital (RWJ). "He was the best in the area," Gale said.

Dr. Kayiaros quickly recognized that Gale was suffering from classic symptoms of advanced hip arthritis and agreed that the new, less invasive surgery was indeed the way to go. With the anterior approach, doctors can reach the hip socket without cutting through major muscles, resulting in far less pain and fewer complications.

"It's truly a minimally invasive, muscle-sparing approach to hip replacement," Dr. Kayiaros said. "With the anterior approach I don't need to cut or detach the critical muscles and tendons around the hip joint," he added. "So the end result is a quicker

recovery for the patient. They're able to return to their daily activities, walk and climb stairs without assisted devices much faster than they would with traditional hip replacement surgery."

But this "new" approach is anything but new. Surgeons in Paris first performed it more than 50 years ago. Not until recently did American doctors begin performing the surgery—and still only a handful of doctors are qualified to do it.

"It's a very delicate surgery," Dr. Kayiaros explained. "It requires special instruments and training and not all residency programs in the United States have surgeons who are qualified to teach it." He's proud to say that RWJ is the only hospital in the area where patients can receive it. "We have a phenomenal orthopedic team and a staff who takes care of the patients on the floor," he said.

Dr. Kayiaros urges anyone who needs a hip replacement to consider the anterior approach. "It makes for a tremendously quick recovery," he said.

For Gale Sandor, nothing could be truer. "The only pain I felt was from the stitches. I was able to do everything I did before the surgery in no time at all. And my care at Robert Wood Johnson was wonderful," she said. "I can't thank them enough."

"I would do it again in a heartbeat. I really feel like it gave me my life back," she smiled.

Visit [www.rwjh.edu/orthopedics](http://www.rwjh.edu/orthopedics) or call 1-888-MD-RWJUH.



*Shown: Gale Sandor has quickly resumed her normal walking routine thanks to an accelerated recovery from a new anterior approach to hip replacement surgery available at RWJ.*