Less invasive hip replacement procedure results in quicker return to activities

JOINT

Opportunity

INSIDE:

CONCUSSION CLINIC OPENS  3  |  BREAST CANCER SUPPORT  4  |  ANSWERS TO BACK PAIN  5

Nitin Goyal, MD, performs anterior hip replacement surgery, a minimally invasive procedure.
Less invasive hip replacement procedure results in quicker return to activities

Hip replacement has become one of the most commonly performed surgeries in the U.S. Each year, 332,000 people choose to have the time-tested procedure. The Joint Replacement Center at Inova Mount Vernon Hospital offers several types of hip procedures, including anterior hip replacement, a less invasive procedure that allows patients to get back to their active lifestyles sooner.

“When we talk about conventional hip replacement we’re talking about posterior or lateral approaches to the hip,” says Nitin Goyal, MD, a hip and knee replacement surgeon at Inova Mount Vernon Hospital. “An anterior hip replacement is a muscle-sparing hip replacement that goes between two muscles to get into the hip joint so you don’t actually cut any muscles. It has the potential to result in fewer complications, a faster recovery and less pain in the early postoperative period.”

PAIN DEFEATED
For tennis aficionado Jo Wendt, anterior hip surgery had her back on the court just months after her surgery. Before the 62-year-old Chevy Chase, Maryland resident had her procedure last October, she could barely walk without severe pain. She had to lift her left leg with her arms to get into her car, and the pain was keeping her up at night.

When two of her friends had successful double hip replacements, one with Dr. Goyal, Wendt realized that despite conventional treatments for her pain — cortisone shots and nine months of physical therapy — she needed a lasting solution. Wendt chose to have anterior hip surgery and the results were everything she hoped for. She returned home the same day of her surgery and after using a cane for three weeks, she was able to walk unassisted. Within seven weeks, she was back on the tennis court.

“For me, it was a really easy recovery,” says Wendt. “I am totally pain-free in my left hip and happy to be back on the tennis court. I have been recommending Dr. Goyal to all my friends for hip replacement surgery.”

ATTEND A LECTURE
To find out more about anterior hip replacement, attend a free lecture. Dates and times are listed on the back of this newsletter. You may also call our Executive Director to learn more about the Inova Joint Replacement Center at Inova Mount Vernon Hospital at 703.664.7493 or visit our website at inova.org/jointcenter.
If you’re experiencing ongoing hip pain that cannot be resolved with conventional treatments such as pain relievers, physical therapy, exercise or walking supports, talk to your doctor about hip replacement and whether it’s right for you. Total hip replacement, whether it’s posterior, lateral or anterior, involves replacing the damaged cartilage in the hip joint with an implant. With the anterior approach, the orthopedic surgeon uses the same implants as those used in a traditional hip replacement. Because the hip joint can be accessed without disturbing the muscles that hold the hip in place, this less invasive approach promotes better stability of the hip and a potentially lower risk of complications and faster recovery.
Inova is a not-for-profit healthcare system located in Northern Virginia in the Washington, DC, metropolitan area, serving over 2 million people with over 1,700 licensed beds. It consists of five hospitals including the area’s only Level 1 Trauma Center and Level 3 Neonatal Intensive Care Unit. Inova encompasses many health services including the internationally recognized Inova Heart and Vascular Institute, Inova Translational Medicine Institute on genomics, Inova Neuroscience Institute and Inova Children's Hospital. Inova’s mission is to improve the health of the diverse community it serves through excellence in patient care, education and research. More information about Inova is at inova.org.

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ASK THE EXPERTS

Corey Wallach, MD
Orthopedic Surgeon
Shoulder Injuries, Replacement and the Latest Trends
Cyrus Press, MD
Thursday, May 15, 6:30 p.m.
Inova Mount Vernon Hospital

Cyrus Press, MD
Orthopedic Surgeon
Treatment Options for Neck and Back Pain
Corey Wallach, MD
Thursday, July 24, 6:30 p.m.
Residence Inn National Harbor

Nitin Goyal, MD
Orthopedic Surgeon
Osteoarthritis and the Latest Advances in Joint Replacement
Nitin Goyal, MD
Thursday, July 17, 6:30 p.m.
Springfield Country Club
8301 Old Keene Mill Road
Springfield, VA

Thursday, Aug. 14, 6:30 p.m.
Bethesda Marriott
5151 Pooks Hill Road
Bethesda, MD
Thursday, Sept. 11, 6:30 p.m.
Inova HealthPlex – Lorton

SYMPOSIUM
COME JOIN US!
(Stay Tuned for Details)

What: Youth Sports Safety Symposium
When: Saturday, July 26 (time to be determined)
Where: Place to be determined
Who: Parents, coaches and trainers. Activities will be held for kids.
Why: Learn about youth sports safety, including concussions and orthopedic injuries.

INFORMATION
Visit inova.org/youthsports or scan the QR code HERE to find out more.

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