

# Hip Resurfacing: An Alternative to Total Hip Replacement

**W**hen construction worker Robert Luba, 58, of Union City, experienced chronic hip pain from osteoarthritis, it eventually forced him into early retirement. A new alternative to hip replacement is now allowing him to make that retirement more active.

Hip resurfacing is an innovative alternative to total hip replacement for relieving acute arthritic pain in younger, more active individuals. In conventional total hip replacement, the “ball” of the joint is removed and replaced with a metal ball on a stem. In hip resurfacing arthroplasty, the ball is not removed. It is preserved and resurfaced with a metal cap. Candidates for this procedure include patients younger than 60 or more active adults older than 60, depending on their bone quality.

“Prior to my surgery, I couldn’t even sit for extended periods of time without pain,” says Robert. “Six weeks after the surgery, I was in my driveway running the snow blower.”

The procedure offers greater range of motion and reduced chance of dislocation and joint wear.

“The greatest advantages of this procedure are that it preserves natural bone and allows more active patients to pursue sports such as running, tennis, basketball and other athletic activities that would not be possible if they had standard total hip replacement,” says Saint Vincent orthopedic surgeon Mark Buseck, MD. “Some hip resurfacing patients have even run marathons.” ♦



Interested in learning more about hip resurfacing? Visit our Web site at [www.saintvincenthealth.com/orthopedics](http://www.saintvincenthealth.com/orthopedics) or ask your physician to refer you to a Saint Vincent orthopedic surgeon.



## Tune In to Help Kids

The Saint Vincent Children’s Miracle Network (CMN) celebrates its 24th anniversary this year. More than \$3 million has been raised to date for needed medical equipment, facilities and services for children and babies, thanks to national and business partners as well as individual donors. But more importantly, tens of thousands of babies and children have benefited from donations to CMN.

Every dollar raised in the name of CMN stays right here at Saint Vincent. CMN will host its annual telethon on WICU-12 on Sunday, May 31. Tune in to see first-hand how your donations make miracles happen!