

05/13/2007

## New hip joint designed for more activity

Tim Johnson , Staff Writer



Submitted photo - The Birmingham Hip implant, pictured above, is an all-metal, cobalt chrome, ball-and-socket joint.

A local orthopedic group is offering a new hip replacement surgery suitable for younger, more active patients with osteoarthritis.

"A standard hip replacement is great for a 70-year-old," said Dr. C. Kent Boese, orthopedic surgeon at Miller Orthopaedic Affiliates. "But if you take a 40-something who wants to play squash and run," the conventional plastic socket would wear down too fast, he said.

Miller Orthopaedic now offers the Birmingham Hip Resurfacing System, which uses a femur cap and hip socket coated with cobalt chrome, he said.

"It's just very hard - much harder than the stainless (steel)," he said. "There are many components in orthopedics that are made out of cobalt."

In addition, the Birmingham Hip Resurfacing System preserves more of the femur, Boese said. Instead of removing the end of the femur and inserting a hip stem into the femur shaft, a large cap is placed over the femur head in much the same way a cap is placed on a tooth. The head is then fitted into the cobalt socket.

"It's a bone-sparing procedure that is attractive to younger patients who are going to be around for a while," he said. "Hip resurfacing is the ideal solution for many 40-, 50- and 60-year-old active patients who suffer from hip pain. As a group, Baby-Boomers are changing the way we look at aging. Not only are they remaining more active longer than their parents did, they are demanding that the medical establishment keep pace."

The system has been used in Europe for 10 years but was just approved by the FDA in 2006, he said.

Boese trained for the procedure earlier this spring in Houston and is the first surgeon in the area to offer the operation. He is hoping the word will get around.

"I've done all the components of this in the past, but it's a new way of putting it together," he said. "I feel very comfortable with the operation. We know of two people in the past two weeks who were going out of state to get this done, because they didn't think it was available here."

Patients who undergo Birmingham resurfacing generally leave the hospital and recover mobility faster than those who have traditional hip replacement surgery, Boese said. At about four weeks, most BHR patients have regained nearly a full range of motion, compared to five to six weeks for those who have had a conventional hip replacement.

Advertisement

An advertisement for Culligan water conditioning. The background is light blue with a pattern of white bubbles. At the top, the word "Culligan" is written in a large, blue, cursive font. Below it, the slogan "better water. pure and simple." is written in a smaller, blue, sans-serif font. In the center, there is a small image of a white Culligan service van. At the bottom, the text "Dave's Water Conditioning" is written in a bold, black, sans-serif font, followed by the phone number "712-322-2046" in a smaller, black, sans-serif font.