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## FOR IMMEDIATE RELEASE

### **New Approach to Hip Replacements Provides New Benefits to Patients**

#### ***Direct Anterior surgical technique may speed recovery and reduce postoperative pain***

Carmel, IN (August 9, 2010) – John Hur, M.D., an orthopedic surgeon with Methodist Sports Medicine / The Orthopedic Specialists is among a small but growing number of orthopedic surgeons nationwide who are now offering patients a new surgical approach that may speed recovery and decrease postoperative pain for hip replacement procedures.

Called the Direct Anterior or “front” approach, this new technique involves making an incision on the front of the hip rather than the side or back as traditionally done. As a result, Dr. Hur can follow the natural spaces between the hip joint’s muscles and tendons, resulting in less damage to these soft tissues.

“It makes perfect sense,” explains Dr. Hur. “There is less soft tissue on the front of your hip than on the back, which means there is less tissue that needs to heal, and therefore, less pain.”

Rehabilitation is often accelerated because the hip is replaced without detachment of muscle from the pelvis or femur. Additionally, because the gluteal muscles and other natural stabilizers are left undisturbed, it is possible for patients to regain mobility more quickly and ultimately go home from the hospital sooner. In fact, the normal post-operative restriction of limiting hip movement to 90 degrees does not apply to those patients who have undergone the Direct Anterior Approach. Following the Anterior Approach, patients may be allowed to bend their hip freely, allowing them to resume their normal daily activities such as sitting or getting into or out of a car without restriction.

Other key advantages of the Direct Anterior Approach include:

- Hospital stay may be reduced from 3 to 7 days to 2 to 4 days
- Smaller surgical scar
- Reduced risk of post-surgical dislocation of the hip implant

“I’m thrilled to be one of the first orthopedic surgeons in the area to offer the Direct Anterior Approach,” says Dr. Hur. “Combined with innovative materials, like OXINIUM™ technology, my patients realize measurable benefits by choosing this surgery.”

Dr. Hur will be hosting educational seminars on the Direct Anterior Approach to hip replacements on August 23 and 30 at the Learning Center at Clarian North in Carmel. For more information about this seminar or to register, please call 317-962-2533.

**About Methodist Sports Medicine / The Orthopedic Specialists**

Methodist Sports Medicine / The Orthopedic Specialists, a Clarian Human Motion Partner, is Central Indiana's premier provider of comprehensive orthopedic services and has built its reputation on excellence in orthopedics and sports medicine for more than 20 years. Official team physicians for many high schools, college and professional teams, including the NFL's Indianapolis Colts, 100 percent of the group's orthopedic surgeons are fellowship trained, board certified and leaders in new technologies, procedures and research.

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