

Direct Anterior Total Hip Arthroplasty vs. Traditional Total Hip Arthroplasty



Eligible patients can opt to undergo a direct anterior total hip arthroplasty. During anterior hip replacement, the surgeon works between the muscles, with minimal or no muscle cutting. The traditional hip replacement approach requires surgeons to cut muscles and other soft tissue at the back of the hip to access the joint.

As a result there is less post-operative pain, faster recovery, and better range of motion after surgery. And long-term results are equal to or better than more traditional hip replacement surgeries.

Christopher Mudd, MD, a Missouri Baptist board-certified orthopedic surgeon, is one of the few surgeons in the area who currently does the minimally invasive, direct anterior total hip arthroplasty.

“Patients who have the anterior approach, typically experience decreased inflammation, less pain, quicker return to function and simpler restrictions after surgery,” said Dr. Mudd.

Dr. Mudd may recommend the traditional approach for patients with certain body types, complex hip deformities, or reconstruction after previous hip trauma.

3015 N. Ballas Road • St. Louis, Missouri 63131
314-996-LIFE (5433) • 800-392-0936

MissouriBaptist.org



Missouri Baptist
MEDICAL CENTER

BJC HealthCare

If you have a patient who would be a good candidate for this procedure, our physician referral line is **314-996-LIFE (5433) or 800-392-0936.**

Read about **William Decker's** surgery and recovery on the back page.

Improving Quality of Life through Hip Surgery

IMPROVING QUALITY OF LIFE THROUGH HIP SURGERY

A retiree from his family business, a husband of 48 years, the father of two sons and the grandfather of four, WILLIAM DECKER, 73, has a lot to keep him busy and on the move.

But more than a year ago, a severe bout of arthritis in his right hip was making it difficult to enjoy everything from time with his family to playing his regular golf game.

“My hip pain was just so great that it was actually too painful for me to walk, and I couldn’t keep taking Aleve® all of the time,” Decker said. “When the pain just became too much, I started doing some research and talking to friends who have had hip replacements.”

What Decker found was that there are now options when it comes to hip replacement surgery based on a person’s health and risk factors. While some patients choose, or are only candidates for the traditional posterior approach, another option for some patients is the anterior approach — a muscle-sparing hip replacement that often results in a reduction in pain and recovery time following surgery.

CHOOSING THE BEST OPTION

Once Decker knew the type of hip replacement surgery he wanted, he just had to find the right surgeon at his preferred hospital, Missouri Baptist Medical Center, where he has been a patient on several occasions.

Fortunately for him, Christopher Mudd, MD, a Missouri Baptist board-certified orthopedic surgeon, is one of the few surgeons in the area who currently does the minimally invasive, direct anterior total hip arthroplasty. Although first introduced in the 1980s, it’s only been available to patients in the St. Louis area in recent years due to the limited number of surgeons performing the procedure.

SUCCESSFUL RECOVERY

Following his surgery, Decker remained in the hospital for about a day-and-a-half and the staff had him up and walking right away, he said. After leaving the hospital, he continued with outpatient therapy at Missouri Baptist for several weeks.

“The outpatient physical therapy at Missouri Baptist was excellent. They are a highly qualified group of therapists. In fact, I can’t say enough



about everyone at the hospital. They really go out of their way to make you feel like you are important.”

“My recovery has been incredible. I’ve never looked back,” he said. “I was fortunate because Dr. Mudd gave me a great deal of confidence in his attitude, and he knew what he was doing. And my experience at MoBap was exceptional. They made me feel welcome. I know if I do need a hospital, I know where I am going.”

To read William Decker’s full story, visit missouribaptist.org/Decker.

Missouri Baptist Medical Center has a team of board-certified orthopedic surgeons who perform hip and knee replacements.

For more information about Orthopedics at MoBap, please visit our website at missouribaptist.org/Ortho.

For more about our therapy services at the Center for Outpatient Therapy and Wellness, please visit us at missouribaptist.org/Rehab.

For a physician referral, call 314-996-LIFE (5433) or 800-392-0936.