

When it comes to your body,
make the right choice!



Barrington Orthopedic Specialists

NewsCast

April 2010

This Month's Features

- Hip Arthroscopy
- Events to Attend

Hip Arthroscopy: What you need to know

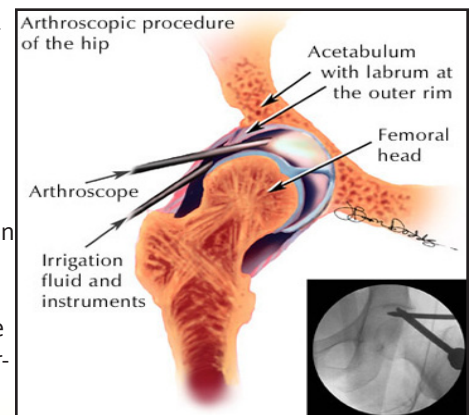
Last month's newsletter showcased the celebration of Barrington Orthopedic Specialists' 30 year anniversary. Starting from a very small office, the practice grew and over time it became a 17 doctor, multi-specialty practice including many types of therapy and other orthopedic services. Its board-certified orthopedic specialists continuously introduce and master progressive technologies for patients needing surgery. Offering the widest range of advanced treatment options available means most patients are able to get back to the activities they once enjoyed.

For many people, problems with the hip can greatly impede the quality of life and many seek help for such a major condition. However, treatment for hip pain and discomfort can be challenging and sometimes physical therapy or other options do not work. Hip Arthroscopy can be a choice for some.

This newer surgery, only recently performed in the past ten years, holds the same innovative promise already realized in knee, shoulder and ankle arthroscopy, potentially preventing the onset of arthritis and the need for hip replacement. The reason hip arthroscopy has been on its own time line is because it is a more difficult surgery than other joints. With the ball socket of the hip located deep in the body, it limits the surgeon's mobility of instruments and makes it harder for the surgeon to not damage nearby cartilage and anatomy. Hip arthroscopy can be used for various sources of hip pain including loose bodies, labral tears, chondral lesions, synovitis, femoroacetabular impingement, ligamentum teres ruptures, instability, synovial chondromatosis, snapping hip, and chronic recalcitrant greater trochanteric bursitis.

How is hip arthroscopy performed?

In a hip arthroscopy, the surgeon is able to treat a damaged hip joint with the help of an instrument called an arthroscope. The surgeon makes two to three small incisions and the arthroscope is inserted. The arthroscope has a fiber optic light so the surgeon can see, while a video camera attached to it transmits the image to a video monitor. Saline is used on the joint to clear out fluid obstructing the view, allowing the surgeon to thoroughly examine the area. The arthroscope also enables the surgeon to remove inflammation and loose fragments, treat frayed cartilage, and remove bumps of bone that may be causing pain. This can be done as an outpatient surgery and patients can typically go home the following day. A six week course of physical therapy is required after surgery, although the length can depend on each patient. The most common experience after surgery is muscle spasm. This is due to the joint being difficult for the surgeon to access; therefore a large amount of traction is required during the surgery. Physical therapy will help alleviate this side effect.



*Diagram courtesy of the Hospital For Special Surgery



Click photo to play video of Dr. Dunn discussing hip arthroscopy

Dr. Jonathan Dunn is one of many physicians at Barrington Orthopedic Specialists that offer minimally invasive hip arthroscopy to repair a wide range of hip conditions. A member of the [Arthroscopy Association of North America](#), Dr. Dunn completed a fellowship in sports medicine, which provided him specialized training in newer surgeries like hip arthroscopy.

For those that choose to undergo this surgery, the outcomes are very encouraging. Depending on the patient, there is the potential for a 75 to 95% improvement after the surgery. Not everyone is a candidate for surgery. To find out if hip arthroscopy is appropriate for you, please ask your doctor or therapist at your next appointment.

To schedule an appointment, please call (847)285-4200.

Events to Attend in April

- Back to Health: An Ergonomics and Body Mechanics Class
Friday, May 21st, 2010
8:00am - 10:00am
Hoffman Estates
- easySwing Golf Fitness Seminar
Monday, May 24th, 2010
6:30pm
Bartlett
- Osteoporosis Exercise Class
Wednesday, June 16th, 2010
9:00am - 10:30am
Elk Grove Village

For class details - visit our website at
www.BarringtonOrtho.com or call
(847)285-4200

Locations:

1030 W. Higgins Road
Hoffman Estates, IL

160 Biesterfield Road
Elk Grove Village, IL

404 N. McHenry Road
Buffalo Grove, IL

864 Stearns Road
Bartlett, IL

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