



## Hip Replacement: Understanding Your Options

**“PAIN FREE AGAIN.  
THERE’S NO BETTER FEELING.”**

Orthopaedics & Physical Performance



# RETURN TO

## A LIFE IN MOTION.



### **Why suffer unnecessarily?**

When joint pain interferes with your life, it's time to take action! Don't put off seeing a doctor.



**Non-  
surgical**



**Surgical  
Repair**



**Joint  
Replacement**

**Non-surgical options like pain medication and physical therapy may help reduce swelling, alleviate pain and improve motion. When those treatments no longer prove effective, surgery may be your best option.**

**Your orthopaedic surgeon will assess your range of motion, stability and strength and may recommend one of these three surgical options.**

### **Arthroscopic Hip Surgery**

allows the surgeon to make small incisions and use a tiny camera and instruments to make repairs.

### **Osteotomy**

is when a surgeon reshapes the bone to reduce stress on the affected area, reducing or eliminating your pain.

### **Total Hip Replacement**

is the right option if you have severe arthritis. Damaged bone and cartilage is removed and replaced with a combination of artificial parts specific to your needs.





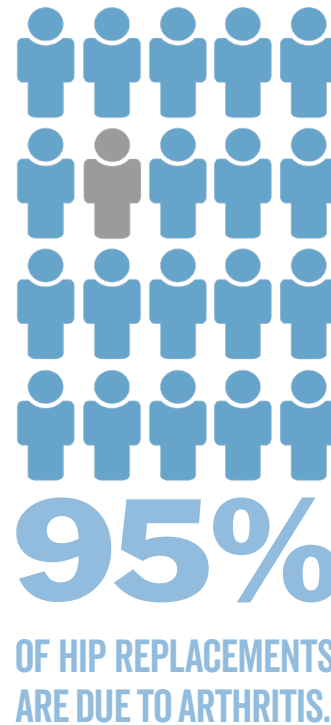
**Total hip replacement  
will typically deliver  
three key benefits:**

- **Relieve pain**
- **Restore function**
- **Improve mobility**

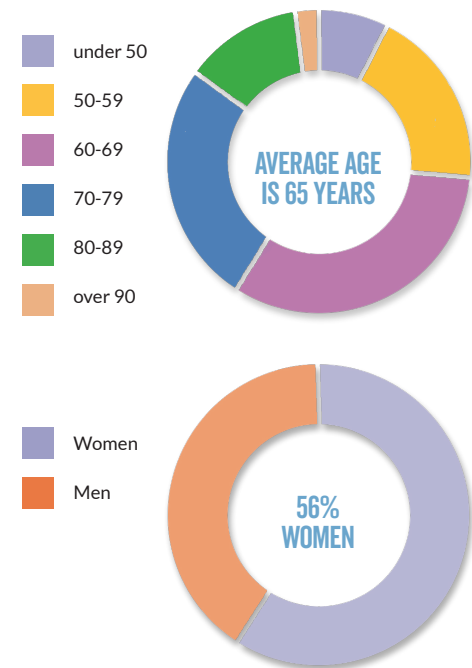
# If it's your time, you're not alone.

Approximately 400,000 hip replacements are performed in the U.S. each year.<sup>1</sup>

**54**  
**MILLION**  
**AMERICANS**  
ARE AFFECTED BY ARTHRITIS.<sup>2</sup>



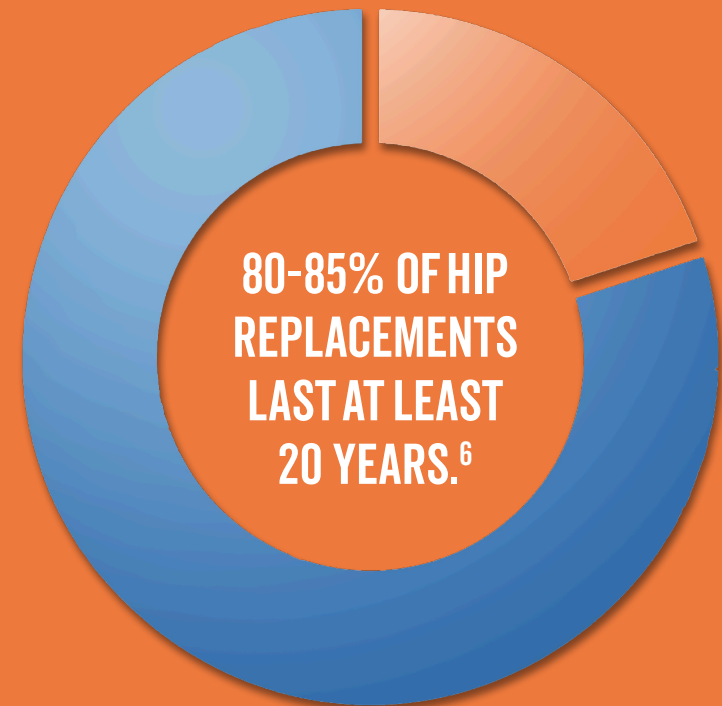
## AGE/GENDER STATISTICS<sup>4</sup>



1. Average age for joint replacement drops: 5 key statistics, Becker's Spine Review, Mackenzie Garrity; 2. Arthritis facts, Arthritis Foundation; 3. What is Hip Replacement? A Review of Total Hip Arthroplasty, University of Washington, Seth Leopold MD; 4. American Academy of Orthopaedic Surgeons, American Joint Replacement Registry, Annual Report 2018

# Total hip replacement is one of the most successful interventions in medicine.

**95%** OF PATIENTS  
**REPORT**  
**EXPERIENCING NO PAIN,**  
**OR THE OCCASIONAL NEED FOR**  
**OVER-THE-COUNTER PAIN MEDICATION.<sup>5</sup>**



5. American Academy of Orthopaedic Surgeons; 6. American Academy of Orthopaedic Surgeons

**UR Medicine Orthopaedics and Physical Performance offers the widest range of treatment options in Upstate New York, and we will customize your treatment plan to your individual needs.**





# UR Medicine's expert surgeons perform joint replacement surgery at Highland and F.F. Thompson Hospitals, offering:

- Advanced care
- State-of-the-art facilities
- Smaller setting
- Caring staff



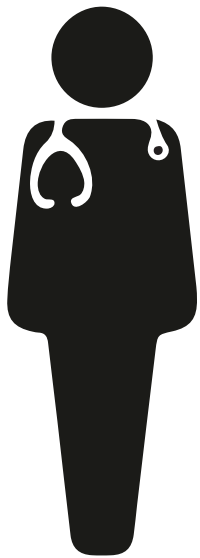
# Committed to Excellence

**Highland Hospital and F.F. Thompson Hospital have each been recognized by the Joint Commission, the nation's leading agency assessing health care quality.**



# Experience Matters

Research indicates that surgeons with more training, and who complete more surgeries, have better outcomes. These are important considerations as you choose your surgeon.



## OUR ORTHOPAEDIC SURGEONS:

- PERFORM 25% MORE HIP REPLACEMENTS THAN THE NATIONAL AVERAGE<sup>7</sup>**
- ALL BOARD-CERTIFIED**
- ALL FELLOWSHIP-TRAINED**

7. American Academy of Orthopaedic Surgeons, American Joint Replacement Registry, Annual Report 2018

**If you've decided it's time to address your hip pain, a path forward is simple:**

- 1. Give us a call at (585) 275-5321.**
- 2. Meet our team and form a plan.**



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