

## Birmingham Hip Resurfacing

### *An alternative to total hip replacement surgery*

Patients suffering from hip pain due to osteoarthritis, hip dysplasia or avascular necrosis now have access to the tough, low-friction Birmingham Hip resurfacing implant. This implant preserves more of the body's natural bone structures and stability than total hip replacements, while potentially returning them to a more physically active lifestyle.

**Natural size** – While the implant closely matches the size of your natural femoral head, it is substantially larger than the femoral head of a traditional total hip replacement implant. This increased size translates to greater stability in the new joint and decreases the chance of implant dislocation after surgery.

**Natural leg-length** – While total hip replacement involves removal of the entire femoral head and neck, the Birmingham Hip resurfacing technique simply resurfaces a few centimeters of bone from the head, and leaves the neck untouched. The neck length and angle determine the natural length of your leg because it is not removed and replaced with an artificial device during the resurfacing procedure, there is a greater likelihood of maintaining your accurate leg length.

**Plastic-free implant** – The Birmingham Hip implant consists of a metal ball pivoting inside a metal socket, while traditional hip replacements use a metal ball and a plastic socket. All-metal total hip replacements reduce wear by 97 percent compared to totally hip implants containing plastic sockets. The worn out plastic socket is a leading cause of hip revision surgery.

### *Ideal candidate*

The typical patient will be physically active, under 60 years old and suffering from hip arthritis, hip dysplasia or avascular necrosis of the hip. The implant may be used in patients over 60 who have strong enough bone quality to support the implant.

### *Limitations after surgery*

Most surgeons will allow the patient to return to normal physical activities, including jogging and playing tennis. During the first year of recovery, patients should participate in low-impact activities such as walking, swimming and bicycling to strengthen the femoral neck and the muscles around the resurfaced joint.

### *Implant durability*

In the case of resurfacing, the metal-on-metal surfaces of the patient's new joint may extend the life span of the implant longer than a traditional total hip replacement. Failure to comply with physical rehabilitation may cause the implant to fail within months.



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