

HIP PRESERVATION GAINING GROUND IN INDIA

Fortis Bone and Joint Institute recently held a mini-symposium on “Hip Preservation – emerging & established concepts”, at the Fortis Memorial Research Institute, Gurugram. Padmashree awardee Dr. Ashok Rajgopal, a renowned orthopaedic surgeon, was the chair. Dr. Prasad Gourineni, MD, Paediatric Orthopaedic Surgeon from Chicago, USA delivered the keynote address. It was attended by 50 participating doctors.

Mohan (name changed), 18, complained of spasms in his legs. “I was shocked to learn that at such a young age, a disease could leave my son impaired for his entire life. After consultation at various centres and most doctors suggested a total hip replacement. I was devastated,” recalls Mohan’s father.

Mohan underwent a Hip Preservation Surgery in December 2014 at FMRI, eight months after the first symptoms of the disorder, under Dr Manoj Padman.

How different is Hip Preservation Surgery from Hip Replacement Surgery?

Preservation surgery means that the native hip is preserved or retained after correcting the underlying mechanical problems while Replacement surgery means that the native hip is removed and replaced with an artificial hip.

Hip replacements have a limited life span and will need to be performed again once the artificial hip wears out. Hence, this is avoided in younger individuals who may end up needing two or three new surgeries after having a replacement done at a young age.

What are some conditions/symptoms that HPS could help?

Hip Preservation is suitable for children, adolescents and young adults, specifically anyone who is too young to undergo replacement surgery. A variety of hip conditions that arise in late childhood

and adolescence, if not detected and treated appropriately can lead to early arthritis. Some of these conditions are hip dysplasia, Perthes’ disease and Slipped Capital Femoral Epiphysis.

What are the advantages of HPS? What is the min and max age group to undergo such a procedure?

Hip preservation corrects the underlying biomechanical problems of the native hip thereby prolonging the lifespan of the hip. There is no specific age limits as such, but the technique is especially relevant to older children, adolescents and young adults. This has to be done before damage to the articular cartilage and arthritis set in.

Briefly explain the procedure of HPS.

This involves a combination of techniques, either open or arthroscopic (key hole) to reshape, realign and correct any deformities that may be present so that the hip can move through a reasonably full arc of motion without any pain.

How long does it take for a patient to recover after HPS?

Recovery can take anything from 6 weeks to 3 months, with most people back to doing all activities between 3 to 6 months. Key hole surgical techniques have a shorter recovery.

Why is the trend gaining ground in India?

The trend is gaining ground, the world over, due to increasing patient and family demands to carry on all their activities of daily life and leisure without suffering with functional limitation and having to wait until they are old enough to go through a hip replacement.

This is not an alternative to treatment for arthritis of the hip when hip replacement is the only option for relief of pain

and return to functional activities. It is the best option when hip arthritis has not set in, but there is sufficient mechanical malalignment which will lead to arthritis over time.

What is the average cost for the procedure?

The cost is much lesser than a hip replacement surgery, which when done in young individuals may need to be done twice or thrice during their entire life time. Depending on the surgical technique used, the costs can be upto 2-2.5 lakh, whereas a hip replacement will cost around 3 lakh.

Are there any risks/side effects of this procedure?

Standard risks of surgery remain. Patient and family are counselled that they may still need a replacement at a much later age.



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