



- Home
- Search
- About BCH
- Baby Gallery
- Health and Fitness Classes
- Job Opportunities
- Medical Services
- Physicians
- Senior Services
- Volunteers/Auxiliary
- Foundation/Giving Opportunities



Patient Accounts

New Hip Resurfacing

Now younger active people don't have to put up with the pain

Doctors used to tell young active people with hip pain to “get a hip replacement when you can no longer bear the pain.” There were two major reasons for that recommendation.

First, after a total hip replacement, patients are advised to give up jogging, skiing and other high-impact sports—permanently—or risk dislocating or loosening the new hip. Second, because total hip replacements usually last about 15 years, a patient in his 50s or 60s will most likely need a second (or even third) replacement over the course of his lifetime.

Now there's a way for the young and active to become pain free a little sooner, with a solution that can last for decades. It's called Birmingham Hip Resurfacing (BHR) – a revolutionary new alternative to total hip replacement now available at Boulder Community Hospital.



- **Pain relief that lasts a long time** – Total hip replacements often last about 15 years, but BHR implants stay strong for decades. Studies show that BHR reduces joint wear by 97 percent when compared to conventional hip replacement.
- **Much more resilient** – During hip replacement, surgeons put in a metal ball and plastic socket. It's the plastic hardware that wears out. Instead, BHR uses an all-metal ball and socket, ensuring that the new joint lasts longer.
- **Saves the bone that's there** – With traditional hip replacement, the surgeon removes a lot of bone. Not with BHR. Worn-out hip joints are resurfaced rather than completely replaced. This bone-saving difference is important. Since a BHR patient's hip anatomy is closer to normal, they enjoy increased stability and range of movement.
- **Lets you return to high-impact sports** – After traditional hip replacement, a person is advised to give up jogging, skiing and other high-impact sports—permanently—or risk dislocating or loosening the new hip. With BHR, you don't have to slow down. You can return to an active lifestyle.

Questions and Answers

How long has BHR been in use?

BHR has been used since 1997, with more than 100,000 patients in 27 countries having the procedure. But it wasn't until May 2006 that Birmingham Hip™ Resurfacing (BHR) won FDA approval in the U.S. One month later, in June 2006, Boulder Community Hospital orthopedic surgeon James B. Rector, MD, became the first surgeon in Colorado to perform the new surgery.

Who is a candidate for BHR?

BHR is for patients with severe pain and disability caused by osteoarthritis, rheumatoid arthritis, post-traumatic arthritis hip dysplasia, collagen disorders or avascular necrosis.

- **Age** The best candidates for BHR are younger than age 60 with good bone quality. It is also suitable for patients over 60 whose bone quality is strong enough to support the implant.
- **Activity level** Patients with high activity levels associated with their jobs or sports.
- **Good bone density needed** The technique normally doesn't work well if the patient has severe thinning of bone due to disease, including osteoporosis. Individuals who have already had a total hip replacement cannot have BHR.

What can a patient expect?

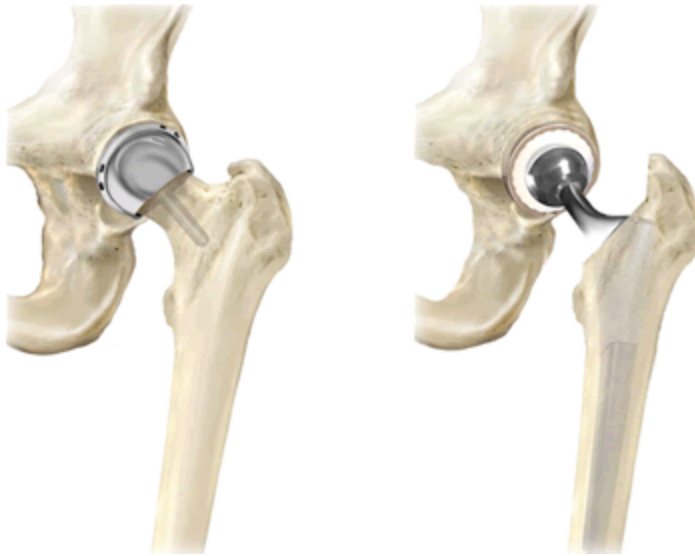


- **Length of hospital stay**
Most patients can be discharged from the hospital within three to four days after surgery.
- **Return to work**
Most patients will be able to work within four to eight weeks, depending on their occupation.
- **Return to sport**
This is usually possible by three to six months, depending on the activity.

James B. Rector, MD, of Boulder Orthopedics performed the first BHR in the state of Colorado and has become one of the region's most experienced BHR surgeons. For more information about Dr. Rector and BHR, visit www.coloradohipresurfacing.com.

Implants

BHR implants (left) versus Total Hip implants (right)



Bone Cuts

BHR (left) versus Total Hip (right)

