

BHR^o Hip from **smith&nephew**

What do you want to get back to?

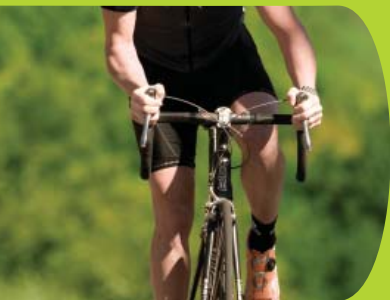
In their own words...



“I am able to do anything I want.”

–Cory Foulk

Ultra-endurance triathlete



“I’m better than I was before.”

–Floyd Landis

Professional cyclist



“I am doing all the things that I wanted to get back to again.”

–Rick Jones

Soccer coach

Read more of their stories at www.BHRhip.com.

Individual results may vary.

Joint pain can have a significant affect on the quality of your lifestyle. That's why it's important to know your options. Research, technology, design and materials advance every day. With more information in your hands, you can know the right questions to ask and more easily work with your physician to choose the most effective treatment.

Common causes of joint pain

Age, stress and disease can make joints stiffen in much the same way as wear and a lack of lubrication can cause stiffness and squeaking in a mechanical hinge. According to the National Arthritis Foundation, the most common cause of joint pain and loss of mobility is arthritis, which afflicts 66 million Americans or nearly one in three adults.

Total hip and knee replacement

The conventional treatment for severe hip or knee pain is a total joint replacement. This surgical procedure removes the damaged or arthritic portion of the joint and replaces it with an artificial implant.

Not all implant devices are made of the same material. Due to advancements in technology, an exciting material called OXINIUM® Oxidized Zirconium has entered orthopaedics. The OXINIUM material has proven to be a superior metal for use in the production of hip and knee implants due to its hardness, smoothness and resistance to scratching and abrasion.





Cuts for
total hip
replacement



Cuts for
BHR Hip
system



BHR Hip
implanted

BHR[®] Hip replacement

If you are experiencing hip pain, you may be a candidate for an exciting hip “resurfacing” procedure newly available in the United States. Now, patients under age 60 who suffer from hip pain due to arthritis, dysplasia or avascular necrosis may benefit from the bone-conserving approach of the BIRMINGHAM HIP[®] Resurfacing System.

Because this technologically advanced surgical procedure resurfaces rather than replaces the end of your femur (thighbone), you may participate in more strenuous physical activity with an implant that is potentially longer-lasting and more stable than total hip replacements.

As you may know, total hip replacement requires the removal of the femoral head and neck and the insertion of a hip stem down the shaft of the femur. Hip resurfacing, on the other hand, requires the removal of just a few centimeters of bone and preserves both the femoral head and neck. The BIRMINGHAM HIP Resurfacing implant is not unlike a cap for a tooth.

Learn more about the BHR Hip and its benefits at www.BHRhip.com.

More advances in technology

One of the keys to satisfying the needs of the active patient is constant medical innovation. Through the development of new, technologically advanced devices and less invasive procedures, patients can seek treatment earlier in life and stay active for many more years to come.

Minimally invasive surgery

Advancements in surgical instrumentation and technique have made joint replacement surgery substantially less disruptive. The potential benefits include less pain and a faster recovery due to a smaller incision.

Computer-assisted joint replacement

Computers have recently been introduced into some orthopaedic operating rooms. By combining digital images of the patient's joint with an implant-specific software package, these new systems track the precise position of the patient's bones, the implant and the surgeon's instruments at all times during hip and knee surgery.

The JOURNEY[®] Knee for younger, more active patients

The shapes in the JOURNEY Knee are more accurate than conventional knee replacements, so the movement of the knee is more accurate and natural feeling as well. The JOURNEY Knee is the first knee replacement to authentically imitate the natural working of the ligaments, providing greater stability. In addition, because the shapes in the JOURNEY Knee replicate the normal knee, your bones and muscles move together more naturally, offering more normal kinematics or movement. This also contributes to offering you a greater range of motion in bending your knee, so you can enjoy more activities.

Learn more about the JOURNEY Knee at www.JourneyKnee.com.

To learn more about arthritis and your treatment options, or to find a physician near you, visit www.MyLifeInAction.com.

Orthopaedic Reconstruction

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