



Multiple Approaches to Hip Replacement

Jacksonville Orthopaedic Institute (JOI) is the regional leader for sports medicine and joint replacement. Our patients are aging athletes and weekend warriors, as well as those who are experiencing progressive arthritis of the hip and knee.

Our Center for Joint Replacement addresses simple hip and knee replacements, as well as complex revisions. A dedicated orthopaedic physician performs extensive hip procedures using state-of-the-art techniques, which also offers an opportunity for the best outcomes with equal focus on perioperative pain management and rapid rehabilitation.

At JOI, hip replacement is accomplished through one of several minimally invasive techniques. The “mini-posterior approach” splits, rather than cuts, the muscle. This approach eliminates the need for numerous instruments. Many believe this approach is the simplest and easiest, and provides the greatest margin of safety for the patient, particularly in our larger patients. The “anterior approach” also splits, rather than cuts the muscles, and it allows access to the hip joint from the front, which provides enhanced rehabilitation and stability.

JOI continues to offer high-quality patient care in all aspects of reconstructive surgery. Total hip replacement through minimally invasive procedures potentially reduces the risk of operative trauma and should result in improved recovery and rehabilitation. The Joint Center at Baptist approach offers early and advanced rehabilitation, which allows over 80% of our patients the ability to go home after joint replacement in 2-3 days. This approach has reduced the number of patients requiring inpatient rehabilitative hospital services following joint replacement. Also this is still available for older patients requiring more care and for those who have no home support while recovering after surgery. Our enhanced pain management techniques have reduced the amount of discomfort incurred by hip replacement considerably over the past few years, and we continue to work hard to ensure that all of our patients have a very positive experience.