

HIP PRESERVATION PROGRAM

Untreated cases of hip dysplasia can suffer early arthritis of the hip and require hip replacement surgery at a young age.

Dr Harish Hosalkar, a Hip Preservation Surgeon at Tri-City Orthopedic and Spine Institute offers the whole spectrum of 'Hip preservation Surgery options, including reconstructive pelvic peri-acetabular osteotomy with additional femoral procedures as needed for these patients. These interventions alleviate patient symptoms, improve their function and prevent the need for early hip replacement surgery.



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To learn more please call **760-940-3000** or
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Tri-City Medical Center is proud to expand its services to include the full spectrum of hip-preservation surgeries, which are a reliable alternative to total hip replacements for active adults. Dr Harish Hosalkar, a new addition to the existing orthopedic team at Tri-City Medical Center is a highly trained, board-certified and fellowship trained orthopaedic surgeon specializing in complex orthopaedic procedures such as open femoral-acetabular impingement surgery and reconstructive surgeries for hip dysplasia. These surgeries allow patients to retain the natural hip and femoral head, enhance motion of the joint, control pain and in turn helps prevent a partial or total hip replacement.

Conditions that we treat:

- Femoral-acetabular impingement (FAI) (that includes idiopathic FAI, Legg-Calve Perthes Disease, Slipped Capital Femoral Epiphysis, Avascular necrosis of the hip, Degenerative hip disease and benign tumors)
- Hip Dysplasia (where there is uncoverage of the ball of the hip due to shallow socket)



What are the symptoms of FAI?

- FAI can usually produce pain in groin area, however the pain can sometimes be more toward the outside of the hip, catching in nature and can be associated with limitation of motion.
- People can also experience sharp stabbing or dull pain, which may occur with (Turning, Twisting, Squatting).

How is FAI diagnosed?

- Your doctor will perform a thorough physical exam and also conduct the impingement test by bringing your knee into your chest, followed by rotating the knee inward towards your opposite shoulder, and gently flexing your hip. If this recreates your hip pain, the test result is positive for anterior impingement. Other tests may be additionally performed.
- You can confirm FAI through a series of imaging examinations such as Plain radiographs (X-rays), Computed Tomography (CT) and specific Magnetic Resonance Imaging (MRI) called MR arthrogram.

What are the treatment options?

Depending on the severity of joint involvement, labral tear and cartilage damage various surgical options are available.

Surgical Options:

Open surgery involves a process of 'safe surgical hip dislocation' where the surgeon opens the hip joint with an incision and the important structures including blood supply to the hip are kept 'safe' throughout the course of surgery while fixing the hip. Extensive cases of impingement, revision cases, previous-arthroscopy failures, patients that need cartilage defect work, stem cell applications, cartilage grafting or allograft fixation all are specific candidates for open safe surgical dislocation and Hip Preservation.

Hip arthroscopy is another modality for the less severe cases that has helped many patients restore their hip function and alleviate pain originating from their hip. Hip arthroscopy, is a minimally invasive surgery that is performed through multiple small incisions to evaluate and treat a variety of painful hip conditions.

Both 'open' and 'arthroscopic' techniques include the usage of an arthroscopy camera to visualize the details in the joint and document the extent of involvement as well as assist in the repair process. The arthroscopy instrument is a pencil-sized instrument that has a small lens and lighting system at its one end. The arthroscope magnifies and illuminates the structures inside the body with the light that is transmitted through fiber optics. It is attached to a television camera and the internal structures are seen on the television monitor.

Hip Dysplasia:

This is a congenital or developmental condition that involves a mismatch between the socket of the hip joint and the ball head. Risk factors include breech position in-utero and strong family history. Being first born, having female gender and presenting with a hip click are known to be related in some cases.