

# Two Hips for Susana

Only a handful of surgeons in Houston are using the new, minimally invasive, anterior approach to hip replacement, and it's now available in Katy, only at Memorial Hermann Katy Hospital.

**B**y 2005, former athlete Susana Thielen was finding it harder and harder to keep going. She had tried cortisone injections, physical therapy, and one pain medication after another. Today, after a bilateral anterior total hip replacement, she can climb stairs, cross her legs, and ride her bicycle around the neighborhood.

"In 1981, my left hip hit the door handle in a car accident," Thielen says. "From that time on, I had problems. I was determined to keep going, so over the years, I tried virtually every pain medication on the market."

It was Thielen's rheumatologist who finally advised her to seek a surgical solution. "He took X-rays and told me that I no longer had a joint in my left hip," she says. "I didn't realize it was that bad."

Thielen's family practitioner referred her to Trenton Carlyle, M.D., an orthopedic surgeon affiliated with Memorial Hermann Katy Hospital, part of the 11-hospital Memorial Hermann system. Dr. Carlyle uses innovative, minimally invasive approaches to hip and knee replacement, including anterior hip replacement and computer-assisted knee replacement.

In June 2006, he replaced Thielen's left hip joint with a new, long-lasting cobalt chromium stem and socket and a smooth Oxinium™ head. Dr. Carlyle worked through a small incision on the front of the hip, using the natural interval between the muscles to allow full replacement without detachment of the muscle from the pelvis or femur during surgery. The anterior approach offers several advantages over the more traditional posterior and lateral procedures, including less pain, less chance of dislocation, and a faster return to function.

Thielen reaped all three benefits. "I have a three-inch scar in front, and I was up walking with a walker the day after



surgery," she says. "It's amazing how quick the recovery is. Within a week, I was walking on my own without pain."

When Dr. Carlyle replaced her right hip in August 2007, she had the same positive outcome. "I hope more people can be helped by this wonderful procedure," she says.

"I do a large number of hips in people ages 50 to 65 who need replacement after a lifetime of athletic wear and tear," Dr. Carlyle says. "Most of my patients are in the hospital for two or three days following surgery, and most have been able to walk without walking aids within two weeks, compared to four to six weeks for the posterior and lateral approaches. We also do Birmingham hip resurfacing in younger patients, which preserves the

natural architecture of the hip by placing a cap on the end of the femoral ball and in the hip socket." The procedure eliminates pain while preserving the option to replace the hip in the future.

“ Having advanced procedures available close to home is a plus for Katy residents,” says Dr. Trenton Carlyle, “and we also have patients who travel to Katy from other areas of Houston, from across Texas, and from other states as well. ”



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