

Introduction

This is the first in the *MyBones* series of condition-specific books for non-physicians, authored by board-certified orthopaedic surgeons. Each book focuses on a specific area: neck, back, hip, knee, shoulder, elbow, hand, ankle and foot along with several other topics that could be helpful to you. Please search on Amazon from time to time to see if a *MyBones* book addressing your area of concern has become available.

Medical science is complicated. When doctors talk, we use language uncommon to most people, even those highly educated in other disciplines. Thinking people wish to understand their medical problems. We hope that this booklet will provide you and your loved ones a better understanding of your diagnosis and options for treatment.

Two seasoned orthopaedic surgeons combine over 100 years of training and experience to help demystify the language of their profession. Moreover, they offer opinions on how they would wish their loved ones and themselves to be treated.

We believe this information will help you better communicate with your physician as well as enable you to ask relevant questions to get useful answers. We want you to avoid problems when possible and take an active role in helping your surgeon determine the best course to follow when help is needed.

Our training after university consisted of four years of medical school followed by five years of specialized training in orthopaedic surgery under intense supervision. After two years in the U.S. Navy, one went into academic surgery where he practiced orthopaedic surgery and trained future surgeons. After two years as an orthopaedic surgeon in the U.S. Air Force, the other joined a group of orthopaedic surgeons in private practice.

We take responsibility for what we say, but please remember that we are expressing our opinions based on training and experience. Medical science changes rapidly, so what seems to be true today may not appear to be so tomorrow. Furthermore, it is common for medical people to

have different opinions, so your surgeon may have opinions different from ours. We are telling you what we think and believe to be true.

Reading this booklet does not make one an expert in the field. It cannot take the place of professional, in-person consultation. If your condition is persistent or worsening or you need more specific information about your case, please see an orthopaedic surgeon as soon as possible.

Be enlightened! Be empowered! Be healthy!

Table of Contents and Overview

Chapter 1: Causes of Hip Pain

Arthritis and tendonitis are common causes of hip pain; cancer and infection are much less common but highly consequential. Imaging studies (X-Rays, bone scans, CT scans, and MRI) are valuable in evaluating disorders and making treatment recommendations. Pain from the spine and poor circulation are cited.

Chapter 2: Non-Surgical Treatment of Hip Pain

Medications, injections, physical therapy and the benefits of walking aids are discussed.

Chapter 3: Surgical Treatment of Hip Pain

Total joint replacement is the most likely procedure for advanced arthritis and necrosis of the hip. Other procedures are briefly discussed, but total hip replacement is the likely choice. Chronic tendonitis may be due to a tendon tear that can be repaired. Chronic “bursitis” may actually be an undiagnosed tendon tear.

Chapter 4: Injuries of the Hip and Pelvis

Fractures of the hip are mostly fractures of the upper end of the femur. In most cases these require surgical treatment. The type of surgery generally depends on where the bone is fractured, but also the condition

of the patient. Fractures of the pelvis in the elderly are usually associated with osteoporosis and rarely require surgery.

Glossary

Medical terms and phrases are defined to help our readers better understand the problems and treatments described.

Acknowledgements

We appreciate those who have inspired and helped us.

About the Authors

Brief biographers of the authors

Reviewer Comments

Commentaries by readers

Reviewer Comments

“The information in this book is for inquisitive people seeking compact, direct, understandable, and unambiguous information relating to hip problems. The authors are vastly experienced, thus affording them the ability to provide a very practical discussion on the subject. It should be required reading for those with hip issues.”

----Kenneth D.

“What a wonderful resource for laymen like me! I have been puzzled by my pain, which started in my groin, for two years now! I thought I had pulled a muscle or it was a disc in my back..... The pictures are very helpful and I have a much better understanding of why I thought it was my back that was failing..... The section on whether to have surgery or not is again, very clear and helpful..... So, I am glad to be able to justify why I am not ready for surgery. And I also have a much better idea of when it will be time to have the surgery.”.....

----Marcie B.

“Hip pain so bad that you finally go to the doctor, but you don’t understand what the doctor is telling you about your condition. This booklet will not only clear that up, but it will help you to know what questions to ask.”

----Jack K.

“Often patients see doctors and then try to explain to family and friends the information given them. Many times the information becomes garbled. This book will help both patients and support groups to have access to reliable information explained in layman terms. I highly recommend.”

----Sandra E.