



Put Chronic Hip Pain Behind You.
Your Life Can Be Pain-Free Again.



To schedule a consultation with a Scripps orthopedic surgeon,
call **858-252-0223**.



Life Without Chronic Hip Pain? Yes, It's Possible.

Is chronic pain in one or both of your hips a normal part of your day? Does it keep you from enjoying activities such as hiking, golfing, dancing or even just walking? Does the pain keep you awake at night? If you have tried everything — rest, medications, physical therapy and other non-surgical treatments — without lasting relief, it may be time for hip replacement.

Eliminate pain and improve mobility — permanently

Whether your pain is caused by osteoarthritis, a previous injury, illness or simply getting older, hip replacement at Scripps may be your solution for complete pain relief.

Thanks to improved technology and advanced surgical techniques, hip replacement is now easier, safer and more effective than ever before. Scripps expert orthopedic surgeons use state-of-the-art medical equipment and innovative procedures to place artificial joints — called implants — with outstanding precision and accuracy to mirror your natural anatomy and movement. In many cases, new surgical techniques can mean a shorter hospital stay and faster recovery.

What's more, the implants used in hip replacement today are stronger, more flexible and last longer — so they can keep you moving comfortably and pain-free for up to 20 years.

U.S. News & World Report named Scripps among the nation's best for adult orthopedics in San Diego, and Blue Cross of California recognized Scripps for providing quality care specifically in the areas of hip and knee replacement. In addition, Scripps is one of only two San Diego health care providers participating in the California Joint Replacement Registry, which was created to provide comprehensive scientific assessments of devices and patient outcomes in both hip and knee replacement surgeries.

Hip Replacement. It's a Life-Changer.

Hip replacement surgery results are usually excellent. Most — or all — of your pain and stiffness should go away, and your mobility should improve greatly. Many patients find the results to be life-changing.

Scripps is nationally recognized for joint repair and replacement.

Scripps orthopedic surgeons perform more hip and knee replacement surgeries and procedures than those of any other regional San Diego health care system. We are nationally recognized for our expertise, experience and ability to handle complex cases.

After your surgery, we get you back on your feet with physical therapy options throughout San Diego County. Our team of experts use the latest techniques and technologies to help you regain the strength and mobility you need to get back to your regular activities.



We're leaders in research, too.

Our scientists at Scripps Clinic's Shiley Center for Orthopaedic Research and Education (SCORE) are on the leading edge in developing artificial cartilage, testing new devices and surgical techniques, and conducting clinical research to provide the best possible orthopedic care.

Darryl D'Lima, MD, is director of Orthopedic Research

Scripps cares for college athletes and every day people.

From traumatic sports injuries to degeneration of major joints to the onset of osteoarthritis, Scripps orthopedic teams diagnose and treat a full range of musculoskeletal diseases and conditions that may benefit from joint replacement. Scripps-affiliated physicians serve as team orthopedic surgeons for San Diego State University. Whether it's on the field before 50,000 fans or in the backyard with family and friends, our joint replacement specialists help you get back in the game.



Start Living Life Without Hip Pain.

Hip Replacement

Hip replacement is most often recommended for patients who have significant deterioration of their hip joint, often caused by a broken hip, osteoarthritis or cumulative damage to the joint over time. During hip replacement surgery, the head of your femur (thigh bone) and your worn hip socket are removed and replaced with artificial implants. Like your natural hip joint, the replacement implant, called a prosthesis, consists of a ball and a socket constructed of either metal or ceramic to remain strong and durable for many years.

Most patients will be in hip replacement surgery for one to three hours. You can expect to stay in the hospital for up to two to three days, but you'll start moving and walking as soon as the first day after surgery. You may spend a few days in a physical rehabilitation center after you leave the hospital, or you may have physical therapy in one of our outpatient centers or at home.

Preparing for Surgery

Once you and your physician have decided that hip replacement is right for you, we're here to help you every step of the way. Before your surgery, we'll make sure you understand exactly what to expect, and how to prepare for your surgery and recovery for the best possible results. Plus, our joint replacement classes and online video presentations educate patients about the entire process from start to finish.

Recovering from Surgery

As the tissue around the new joint heals and your muscles become stronger, you may experience some pain for the first few weeks after surgery. This will go away as your body heals and you become stronger. Our expert rehabilitation specialists will develop a personalized therapy plan for you to follow, and monitor your progress to ensure you gain the strength and mobility to do the activities you enjoy easily and pain-free.

You deserve better. Consider taking the next step.

Now that you have your hip replacement guide, consider taking the next step and setting up a medical consultation with a Scripps orthopedic surgeon by calling **858-252-0223**.