



## Tri-City Medical Center

For Immediate Release  
12/20/2013

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### New Hip Surgery Relieves Hip Pain and Impingement, Extending Usable Life of Patients' Natural Joint

OCEANSIDE –Tri-City Medical Center is expanding its services to include [hip preservation surgery](#), a reliable alternative to total hip replacement for active adults and young patients. Doctors at Tri-City Medical Center's [Orthopaedic & Spine Institute](#) are utilizing advanced joint preservation procedures to provide hip pain relief, treat painful hip impingement and help extend the usable life of patients' natural joints, thus avoiding total joint replacement procedures.

Over the years, youth sports have become more intense and popular. As a result, more young and mid-life adults are arriving in doctors' offices suffering pain and restricted motion in their hip joints. This is especially true for former or current athletes who have competed in high-impact sports such as basketball, football, lacrosse, baseball and ice hockey. This population is most prone to a condition called Femoroacetabular Impingement, or FAI, which affects the hip joint. Symptomatic FAI is now known to be a pre-arthritis condition.

"Hip preservation surgery with open safe surgical dislocation or arthroscopic means is rather new and many patients aren't aware of its availability as a modality of treatment," says Harish S. Hosalkar, MD, hip preservation and deformity correction specialist at Tri-City Medical Center. "For younger patients, a total hip replacement surgery might not last their lifetime, requiring them to replace the same joint more than once. Preservation of the joint means we maintain the natural joint without any resurfacing to alleviate hip joint pain and improve motion and function by restoring the anatomy of the joint."

Many patients mistake hip pain as an alignment issue or arthritis, but it can often be undiagnosed adolescent or adult hip dysplasia, which can only be corrected through reconstructive surgery. The pain from FAI is caused by abnormal abutment motion between the ball of the hip joint and the socket, often leading to a tear in the surrounding cartilage (labral tear). With hip dysplasia, a shallow hip socket causes problems related to under-coverage. Men and women are both prone to hip dysplasia and FAI, either through their inherent anatomy, genetics or through heavy sports activities and injuries.

For more information visit [www.tricitymed.org/hippreservation](http://www.tricitymed.org/hippreservation) or call 760-940-3000.

## About Tri-City Medical Center

Tri-City Medical Center has served its community for more than half a century and is a Gold Seal- approved full service, acute- care hospital with two advanced institutes and over 500 physicians practicing in 60 specialties. Tri- City Medical Center has become the county's leader in robotic and minimally invasive surgical technologies, including being the exclusive county-wide provider for the Mazor Renaissance Surgical Guidance System for surgical repair of spinal deformities, injuries and rehabilitation. Tri-City Medical Center also has the only Level III Neonatal Intensive Care Unit in North San Diego County, now with the NICView System, a password-protected webcam system that allows parents and relatives to remotely view their newest family member. Tri-City Medical Center was named by the editors of Becker's Hospital Review both one of the "100 Great Hospitals in America" and one of the "100 Great Places to Work in Healthcare." Selected from over 5,700 hospitals, Tri-City Medical Center was recognized as an innovator in medical treatments, research, technology and care delivery as well as an anchor of health in the country.

For more information about Tri-City Medical Center and Tri-City Healthcare District, please visit [www.tricitymed.org](http://www.tricitymed.org).

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