

MAKOplasty® Anterior Hip Replacement Surgery—Experience Matters

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Did you know, more than 46 million Americans suffer from joint pain in their hips or knees caused by arthritis? If you are one of those people, you don't need anyone to tell you how disruptive joint pain is to your life, just ask Barbara Coons.

Barbara is an active woman who enjoys cross country skiing, hiking and walking with friends. However, osteoarthritis was taking a toll on her joints, and it became clear she needed a hip replacement.

“The pain in my hip and leg was just awful. I could no longer climb stairs in my home, and I had difficulty getting in and out of my car,” she recalled.

Barbara tried medication and injection therapy with no relief. After dealing with increasing pain and interruption to her daily life, Barbara began researching the possibility of traditional hip replacement surgery. She worried it would mean a long, painful recuperation, but her Orthopaedic Surgeon, Dr. Jeremy Hogan suggested an alternative option; anterior hip replacement surgery, using the new state-of-the-art MAKOplasty® system.

Anterior hip replacement surgery involves a smaller incision at the front of the hip instead of through the buttocks or the side of the hip. The approach involves less cutting into major muscle groups, and patients typically experience less pain and fewer complications than a standard posterior hip replacement.



MAKOplasty® is an innovative, breakthrough solution for those suffering with painful degenerative joint disease. It is powered by the RIO® Robotic Arm Interactive Orthopaedic System, which allows for a new level of precision in hip replacement and is designed to enhance stability and increase range of motion.

A recently published Massachusetts General Hospital study reported that over a sustained period of study of 1,823 hips, only 50 percent of acetabular cups (cup-shaped sockets of the hip joint) were positioned in the acceptable range. Mal-positioning of acetabular cups in conventional hip replacement surgery may lead to impingement that can cause dislocation, pain and decreased implant longevity.

“I consider myself pretty good at placing cups during hip surgery, but I am humble enough to recognize the MAKOplasty system adds to the accuracy of the surgery,” stated Dr. Jeremy Hogan. “The technology has definitely provided a real advantage for patients who qualify.”

The MAKOplasty® anterior hip surgery plan includes a computed tomography (CT) scan of the hip about six weeks prior to the surgery, then a patient-specific, 3-D model of the pelvis and femur is created to plan optimal implant placement.

During surgery, the RIO® guides the surgeon in preparing the hip anatomy and positioning the implants. Real-time data and images allow the surgeon to know and control accurate implant placement, which can be difficult to achieve using traditional manual techniques. The robotic arm technology enables a new level of accuracy with patient-specific implant alignment and positioning.

On March 6, 2013, Dr. Hogan performed MAKOplasty® anterior hip surgery on Barbara at Lakes Region General Hospital in Laconia. LRGHealthcare is the first and only healthcare system in New Hampshire to offer this innovative technology, and Barbara is amazed with the results.

“I was back to work so quickly after the operation,” she shared. “And by the second week, I did not need to use a walker or a cane, and now, I am walking 3.5 miles a day with my friends—it really is remarkable.”

Conventional hip replacement, lateral or posterior typically requires strict precautions. Most patients must limit hip motion for 6 to 8 weeks after surgery, and they must limit flexing of the hip, which complicates normal activities like sitting in a chair, putting on shoes or getting into a car.

Anterior hip replacement allows patients to immediately bend their hip freely and bear full weight when comfortable, resulting in a more rapid return to normal function.

“Multiple factors are considered when determining the best approach for hip replacement surgery,” stated Dr. Hogan. “MAKOplasty supports more detailed accuracy, which in turn results in quicker recovery and ultimately better longevity of the implant. But in the end, the most important factors are the individual needs of the patient, and the skill and experience of their surgeon—together they will determine the best treatment plan.”



Dr. Jeremy Hogan is a board-certified orthopaedic surgeon, fellowship trained in orthopaedic reconstruction and arthritis surgery. He is certified to do MAKOplasty® knee resurfacing and MAKOplasty® total hip replacement. He is the only orthopaedic surgeon in the state of NH, and one of two surgeons in New England performing robot assisted direct anterior hip replacement surgery.

When choosing a joint replacement program, you want an experienced medical team. The LRGHealthcare Joint Replacement Team of nurses, therapists and care managers collaborate with your surgeon in every aspect of your care, from helping you regain mobility and use of your new joint, to pain management and discharge planning of your rehabilitative care.

If you are one of the millions of Americans who suffer from hip pain, there are treatment options available that can enable you to maintain an active lifestyle and quality of life. Non-surgical treatment options are often the first line of defense, but if your symptoms are not responding to non-surgical solutions, be sure to speak with your doctor. You may be a candidate for MAKOplasty® total hip replacement.

Experience matters—choose a skilled, experienced surgeon and a healthcare facility you can trust. Learn more by visiting lrgh.org or advortho.org.