

Total Hip Replacement

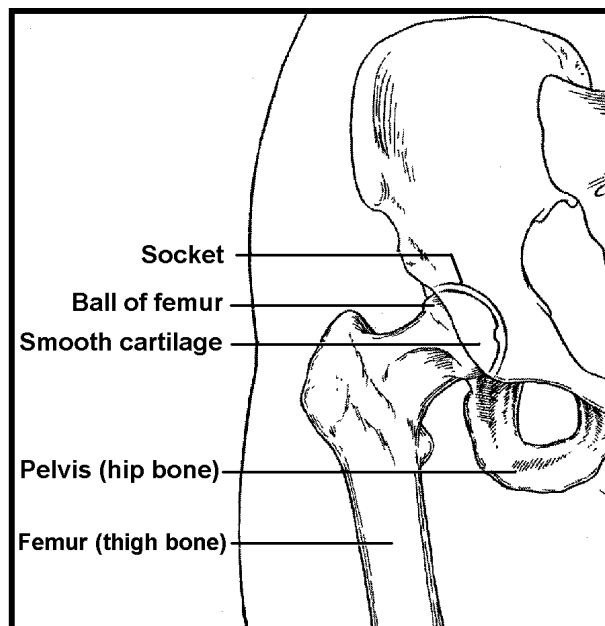
Total hip replacement is a surgery to replace worn or damaged parts of the hip joint. The surfaces of the diseased joint are removed and replaced with an artificial joint. This surgery can relieve pain and improve movement in your hip joint.

You may need a total hip replacement if:

- Other treatments such as medicine, steroid injections and physical therapy, no longer stop your pain or help movement of the joint.
- The pain or poor movement in your hip prevents you from doing your normal activities.

The Normal Hip Joint

Your hip is a joint where the thigh bone (femur) meets the hip bone (pelvis). A healthy hip has layers of smooth cartilage that cover the ball-shaped end of the femur and socket shaped part of the pelvis. The cartilage acts as a cushion and allows the ball of the femur to glide easily within the socket of the pelvis. The muscles around the joint support your weight and help move the joint smoothly.



全髖關節置換

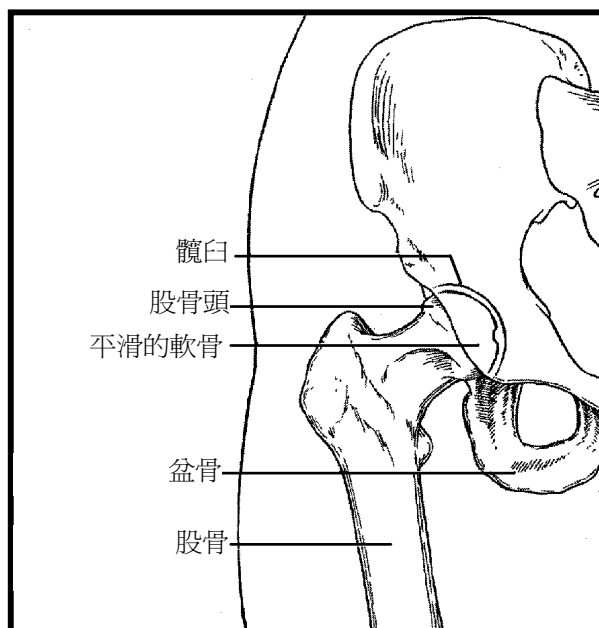
全髖關節置換是置換髖關節磨損或受損傷部分的手術。手術中，切除疾病關節的表面，代之以人工關節。此手術可舒緩疼痛，改進髖關節的運動能力。

有下列情形者，可能需要進行全髖關節置換：

- 其他治療方法，例如藥物、注射類固醇和物理治療，已經無法止痛或改善關節的運動能力。
- 髖部疼痛或運動不便，導致無法進行正常的活動。

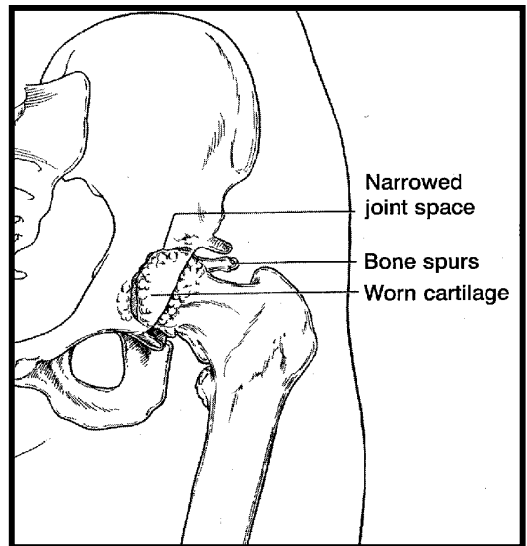
正常的髖關節

髖部本身是一個關節，將股骨與盆骨連接在一起。健康的髖關節中，球狀的股骨頭和盆骨的臼狀部分表面都有多層平滑的軟骨。軟骨發揮緩衝的作用，使股骨頭能夠在髖臼內自如滑動。關節周圍的肌肉則支撐體重，協助關節平穩運動。



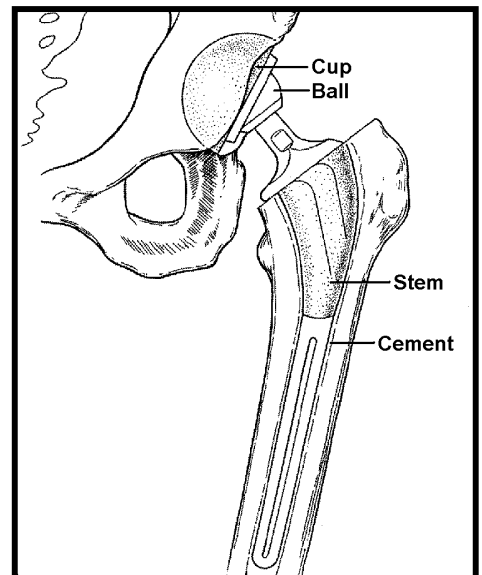
The Worn Hip Joint

The smooth cartilage layers can wear down on the ball and socket part of the hip joint. The cartilage can wear down as you age or from injury, arthritis or a side effect from certain medicines. When the joint wears down, the smooth surfaces become rough, like sandpaper. As you move your leg, the ball grinds in the socket causing pain and stiffness.



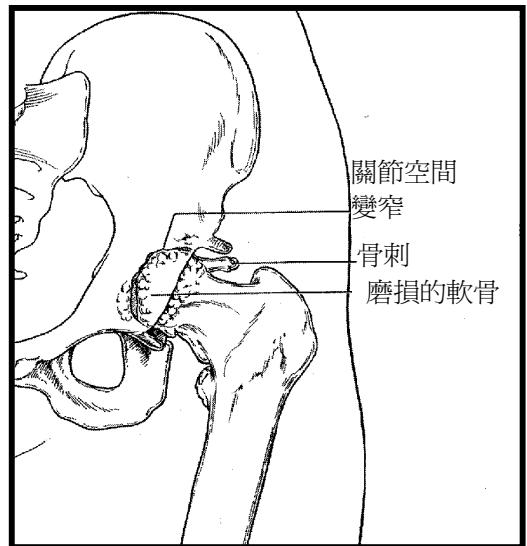
Total Hip Replacement

During surgery, the damaged cartilage and ends of the bones of the knee joint are removed. A new joint is created using an artificial cup and ball made of metal and very strong plastic. The cup replaces the worn hip socket of your pelvis. The new ball is attached to a stem that fits into your femur and is cemented in place with special bone cement. The metal has a porous surface that your bone will grow into as it heals to create a tight fit.



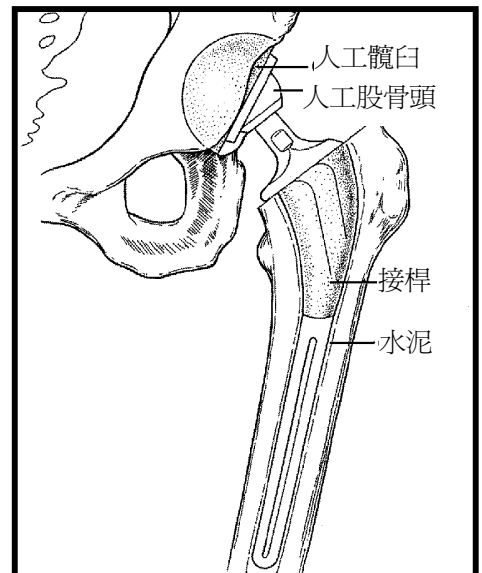
磨損的髖關節

髖關節的球窩和髖臼上的光滑軟骨層可能會磨損。年齡的增長、外傷、關節炎或某些藥物的副作用，都可能導致軟骨磨損。隨著關節的磨損，光滑的表面可能變得凹凸不平，像砂紙一樣。腿移動時，股骨頭在髖臼中碾壓，導致疼痛和僵硬。



全髖關節置換

手術中，除去髖關節的受損軟骨和骨端部分。使用金屬和強度極高的塑膠材料製成的杯狀人工髖臼和股骨頭，製成新關節。人工髖臼代替盆骨已經磨損的髖臼。新的股骨頭接在一根接桿上，用骨水泥將接桿與股骨固定在一起。金屬的表面為多孔性，骨頭在痊癒的過程中，會長入金屬表面，與金屬結合在一起。



Joint Pain and Movement After Surgery

The staff will help you stand and begin walking with a walker the day of or day after surgery. You will have some pain as the tissues heal and muscles regain their strength. This pain should go away in a few weeks and pain medicine will be ordered to help relieve this surgery pain. With your new joint and physical therapy, you may be able to resume many of the activities you enjoy.

Talk to your doctor or nurse if you have any questions or concerns about total hip replacement.

手術後的關節疼痛和運動

在手術當天或次日，醫護人員會幫助患者站立，開始使用助行器走路。隨著組織的痊癒和肌肉恢復力量，會有一些疼痛。疼痛應在數週內消退，會使用止痛藥來緩解這種術後疼痛。置換新關節後，輔以物理治療，可能可以恢復許多活動的能力。

如果對全髖關節置換有任何疑問或擔心，請詢問醫生或護士。

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Total Hip Replacement. Traditional Chinese