

Total Hip Replacement

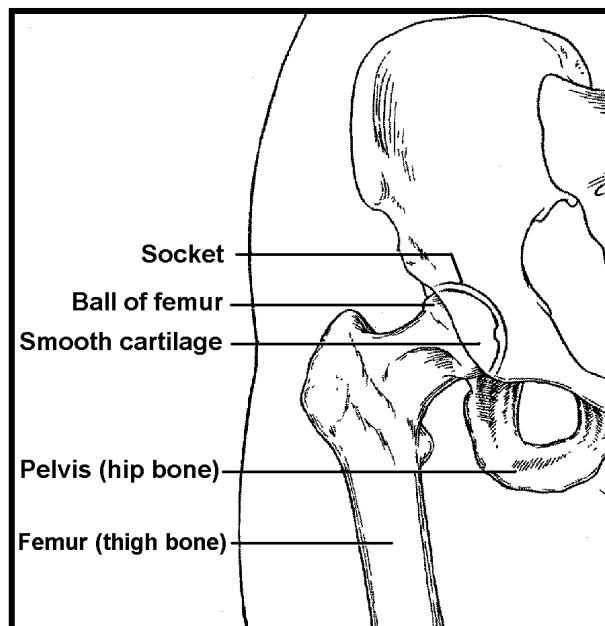
Total hip replacement is a surgery to replace worn or damaged parts of the hip joint. The surfaces of the diseased joint are removed and replaced with an artificial joint. This surgery can relieve pain and improve movement in your hip joint.

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.



Potpuna zamjena kuka

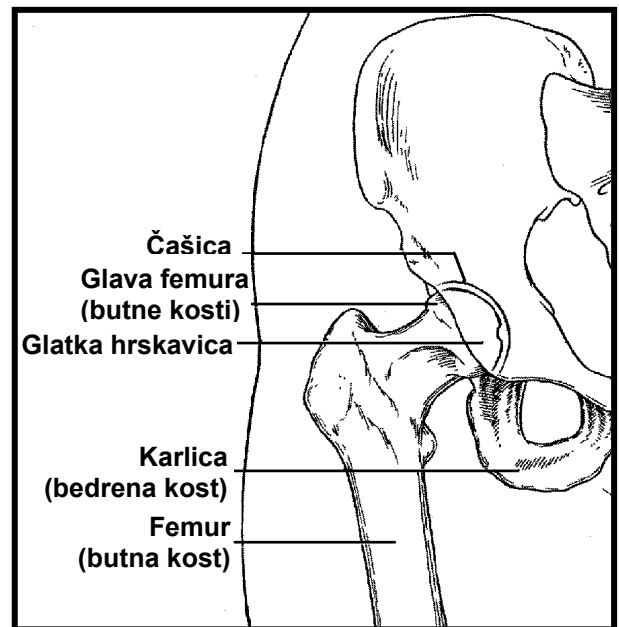
Potpuna zamjena kuka je operacija kojom se zamjenjuju istrošeni ili oštećeni dijelovi zgloba kuka. Oboljele površine zgloba se uklone i zamijene vještačkim zglobom. Ovom operacijom se može olakšati bol i poboljšati pokretanje zgloba vašeg kuka.

Moguće je da će vam trebati potpuna zamjena kuka ukoliko:

- druge vrste liječenja, kao što su liječenje lijekovima, injekcijama steroida i fizikalnom terapijom više ne pomažu u zaustavljanju bola ili kod pokretanja zgloba.
- bol ili teškoće pri pokretima kuka vas sprječavaju u obavljanju normalnih aktivnosti.

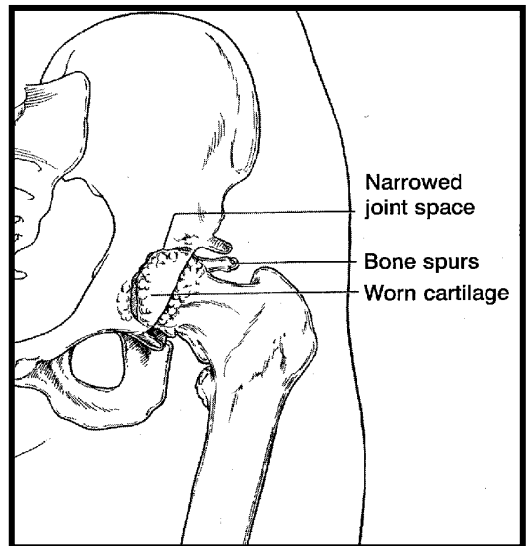
Normalan zglob kuka

Vaš kuk je zapravo zglob u kojem se butna kost (femur) spaja sa bedrenom kosti (karlicom). Zdrav kuk se sastoji od slojeva glatke hrskavice koja pokriva zaobljeni kraj femura (butne kosti) i čašice karlične kosti. Hrskavica ima funkciju tampona koji omogućava da glava femura (butne kosti) lagano klizi unutar čašice karlične kosti. Mišići oko zgloba podupiru vašu težinu i pomažu da se zglob kreće bez problema.



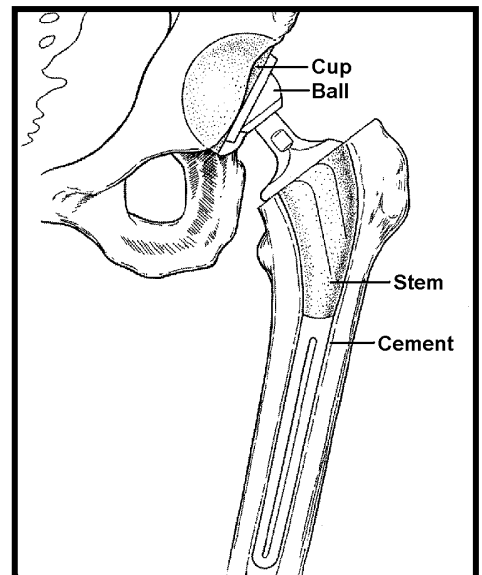
The Worn Hip Joint

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.



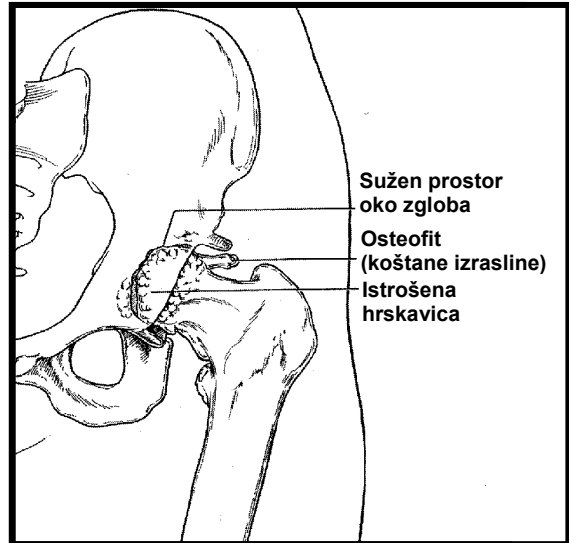
Total Hip Replacement

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.



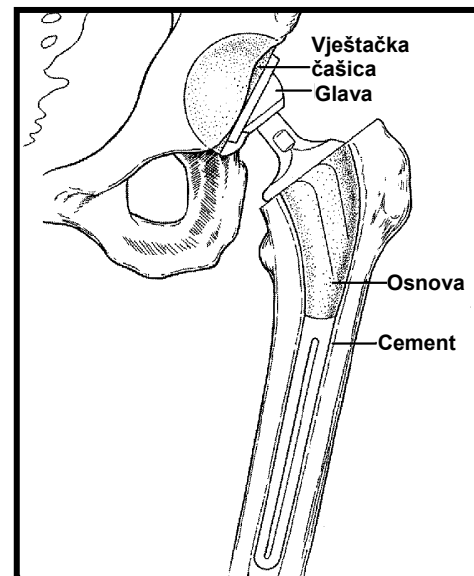
Istrošeni zglob kuka

Glatki slojevi hrskavice se mogu istrošiti u predjelu glave i čašice zgloba kuka. Hrkavica se troši sa godinama ili usljed povrede, artritisa ili nus pojava koje se javljaju zbog upotrebe određenih lijekova. Kada se zglob istroši, glatke površine postanu grube kao šmirgl-papir. Dok pokrećete nogu, glava (femura) struže od čašicu, a to uzrokuje bol i ukočenost.



Potpuna zamjena kuka

Za vrijeme operacije uklone se oštećena hrskavica i završeci kostiju zgloba koljena. Pravi se novi zglob od vještačke čašice i glave koji su napravljeni od metala i veoma tvrde plastike. Vještačka čašica služi kao zamjena za istrošenu čašicu zgloba kuka vaše karlice. Na mjesto postavljanja, nova glava se pričvrsti za osnovu koja uliježe u vašu butnu kost uz korištenje specijalnog cementa za kosti. Površina metala je šupljikava tako da će vaša kost tokom procesa ozdravljenja srasti i očvrnuti s tom površinom.



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.

Bolovi i pokretanje zgloba nakon operacije

Isti dan ili dan nakon operacije, zdravstveno osoblje će vam pomoći da se pridignete i počnete hodati uz pomoć hodalice. Osjetit ćete da vas malo boli jer se tkivo oporavlja, a snaga vraća u mišiće. Ovaj bol bi trebao prestati nakon nekoliko sedmica, a dobit ćete i lijekove protiv ovog bola od operacije. Zahvaljujući novom zglobu i fizikalnim terapijama, moći ćete se ponovo vratiti mnogim aktivnostima u kojima uživate.

Ukoliko imate bilo kakvih pitanja ili osjećate zabrinutost u vezi potpune zamjene kuka, o tome se posavjetujte sa svojim ljekarom ili medicinskom sestrom.

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Total Hip Replacement. Bosnian