

Badelida Buuxdo ee Sinta

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.

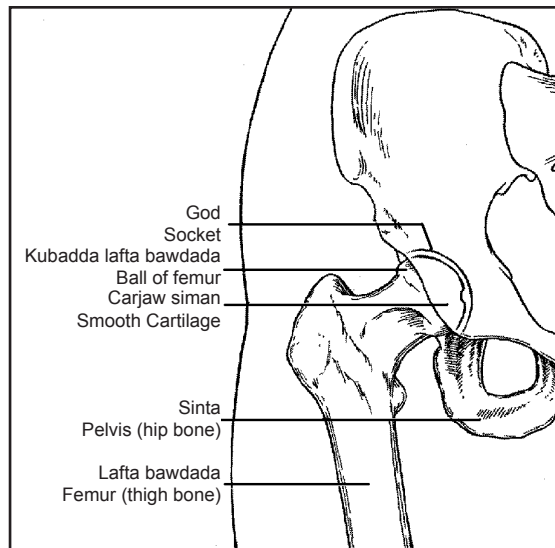
Badelida Buuxdo ee Miskaha waa qaliinka lagu badelayo qeybaha dhammaaday ama waxyeeloobay ee xubinta sinta. Sagxadaha xubinta jiran waa laga saaraa oo lagu badelaa xubin caag ah. Qaliinkaan waxay ka saari karaan xanuunka iyo sare u qaadida dhaqdhaqaaqa ee xubinta sinta.

Waxaad u baahan kartaa badelida buuxdo ee sinta haddii:

- Daaweynada kale, sida daawada, cirbadaha murqaha iyo daaweynta jirka, markale ma joogsato xanuunkaaga ama ku caawiyo dhaqdhaqaaqa xubinta.
- Xanuunka ama dhaqdhaqaaqa liita ee sintaada waxay ka hortagtaa sameyntaada howlaha caadiga ah.

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.



Xubinta Sinta Caadiga ah

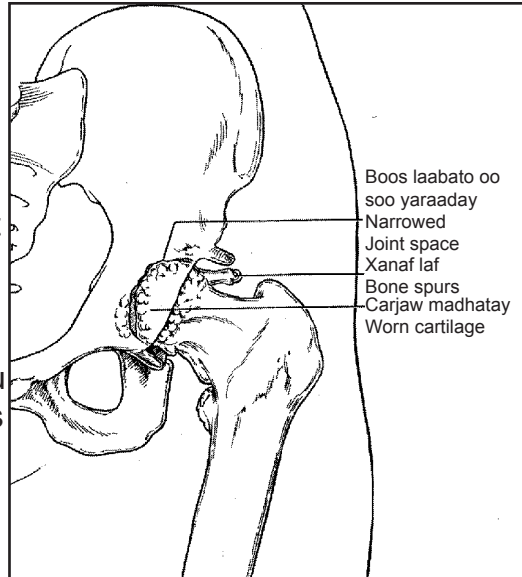
Sintaada waa xubin halka lafta bowdada (bowdada) la kulanto lafta sinta (miskaha). Sinta caafimaadan wuxuu leeyahay fadihyada unugyada isku xiro oo simman ee daboolo dhammaadka balooniga u eg ee bowdada iyo sokodka qaabeeyo qeyb miskaha ah. Unugyada isku xiro waxay u shaqeeyaan sida barkin oo u ogolaataa balooniga

miskaha inay si sahlan ugu dhex socoto gudaha sokodka miskaha. Murqaha ku haraareysan xubinta waxay taageertaa culeyskaaga oo kugu caawisaa dhaqaajinta xubinta si simman.

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.



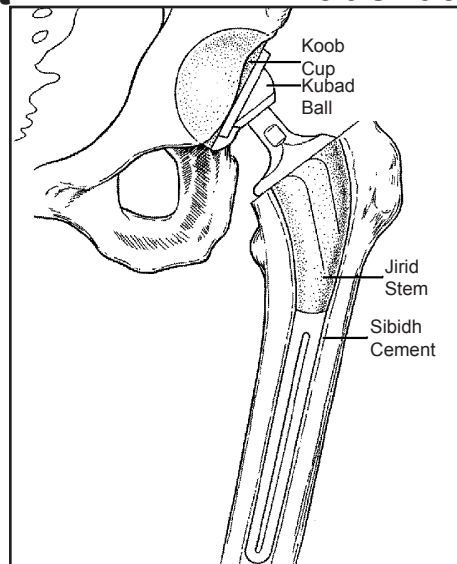
Xubinta Sinta Dhammaaday

Fadhiyada unugyada isku xiro ee simman hoos ayay ugu dhammaan karaan balooniga iyo qeybta sokodkayada ee xubinta sinta. Unuga isku xiro hoos ayuu u dhammaan karaa sida aad sii duqooweysid ama dhaawaca ah, xubin bararka, ama saameynta dhinaca ee ka imaaneyso daawooyinka qaar. Markii xubinta hoos u dhammaado, sagxadaha simman way

xummaadaan, sida warqada kaartada. Adiga oo dhaqaajinayo lugtaada, balooniga wuxuu ku burburaa sokodka oo sababay xanuun iyo adkaansho.

Total Hip Replacement

During surgery, the damaged cartilage and ends of the bones of the hip 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 may be 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.



Badelida Buuxdo ee Sinta

Inta lagu jiro qaliinka, unugyada isku xiro ee waxyeeloobay oo ku dhammaado dhammaadyada lafaha ee xubnaha sinta waa laga saaraa. Xubinta cusub waa la aasaasay iyada oo la isticmaalayo koobka iyo balooniga caaga ee ka sameysan birta iyo bac aad u adag. Koobka wuxuu badelaa sokodka sinta dhammaaday ee miskahaaga. Balooniga cusub wuxuu ku

lifaaqanyahay jirka saameeyo bowdada iyo laga yaabo inay ku kooleysantahay meel leh koolada lafta. Birta waxay leedahay sagxada ee in laftaada waxay u koreysaa sida ugu bogsooto si ay u aasaasto la ekaansho dhuuqsan.

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 you heal and your muscles regain their strength. This pain should go away in a few weeks and pain medicine will be ordered to help relieve your 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.

Xanuunka Xubinta iyo Dhaqdhaqaaqa Qaliinka Kadib

Shaqaalaha wuxuu kugu caawinayaa inaad joogsatid oo aad bilowdid socoshada maalinta ama maalinta qaliinka kadib. Waxaad la kulmeysaa xanuun qaar adiga oo bogsoonayo iyo murqahaaga dib ugu heleysid kartidooda. Xanuunkaan waa inuu ku dhammaadaa dhoor isbuuc iyo daawada xanuunka waa lagu amrayaa inay ku caawiso baabi'inta xanuunkaaga. Iyo xubinta cusub iyo daaweynta jirka, ee laga yaabo inay kuugu suurtoogasho inaad soo celisid howlaha badan oo aad jeceshahay.

La hadal dhaqtarkaaga ama kalkaalisada haddii aad qabtid wax su'aalo ah ama ka walaacsan badelka guud ee sinta..