

# 全髖關節置換

## 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.

全髖關節置換術是一種置換髖關節磨損或損傷部位的手術。此手術是將病變關節的表面切除，以人工關節取代。全髖關節置換術能減緩疼痛並改善髖關節的運動能力。

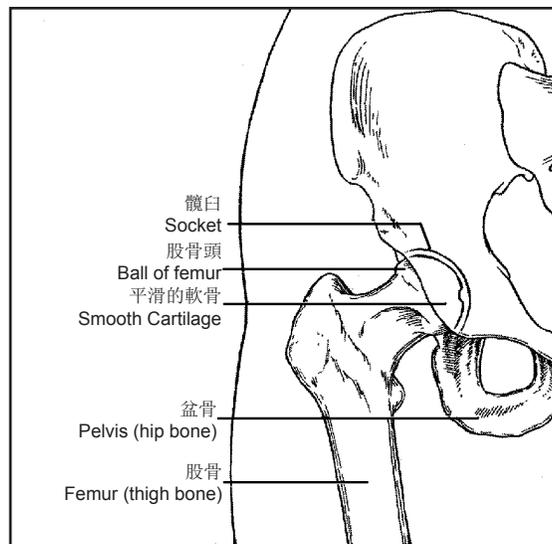
如有下列情形，可能需要進行全髖關節置換：

- 其他治療方法，如藥物、注射類固醇和物理治療，已無法止痛或幫助改善關節的運動能力。
- 髖部疼痛或運動不良防礙了正常的活動。

### 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.

### 正常的髖關節

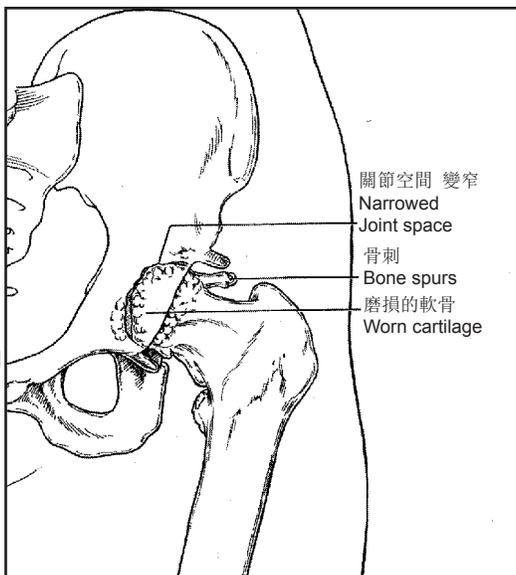


髖部是連接股骨與骨盆的關節。健康的髖關節有數層平滑的軟骨，覆蓋在球狀股骨頭與骨盆的臼狀部位的表面上。軟骨具有緩衝的作用，讓股骨頭能在髖臼內自由滑動。關節周圍的肌肉支撐身體重量，幫助關節平順的運動。

## 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.

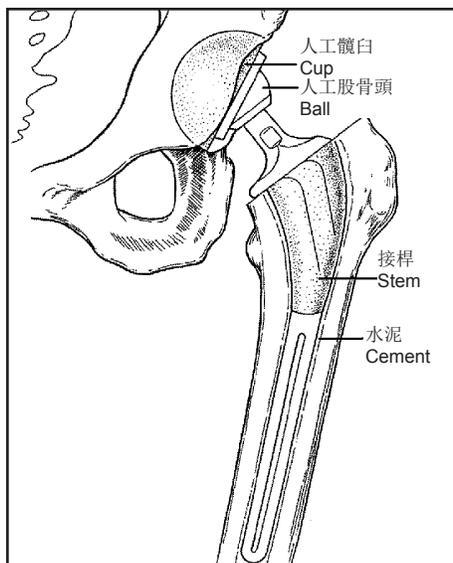


## 磨損的髖關節

髖關節的球窩與髖臼上的平滑軟骨可能會磨損。年齡增長、受傷、關節炎或某些藥物的副作用都可能造成軟骨磨損。關節磨損後，平滑的表面會變得粗糙不平，像砂紙一般。腿部移動時，球狀股骨頭在髖臼內碾壓，造成疼痛與僵硬。

## 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.



## 全髖關節置換

手術時，將髖關節受損的軟骨和骨端切除。使用金屬和高強度的塑膠製成杯狀的人工髖臼與股骨頭，做為新的關節。人工髖臼取代骨盆已經磨損的髖臼。新的股骨頭接在一根接桿上，並且可能使用特殊骨泥將接桿與股骨固定在一起。金屬的表面上有許多孔洞，骨頭癒合的過程中會長入金屬表面，與金屬結合成一體。

## 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.**

## 術後的關節疼痛與運動

手術當天或第二天，醫護人員會協助患者站立，並開始使用助行器走路。隨著手術部位的癒合及肌肉恢復力量，患者會感到些許疼痛。這種疼痛應會在幾週內消退，並可使用止痛藥幫助減緩疼痛。置換新關節加上物理治療後，患者即可能可以繼續從事許多活動。

若您對於全髖關節置換有任何疑問或擔憂，請諮詢您的醫生或護士。