

Hip Surgery: The Full Circle

WITH AROUND 50,000 CARRIED OUT EACH YEAR, HIP REPLACEMENTS ARE ONE OF THE MOST COMMON ELECTIVE SURGICAL PROCEDURES IN BRITAIN. THE TEAM BEHIND THE DEDICATED HIP UNIT AT CIRCLEBATH HOSPITAL EXPLAINS WHY

Matthew Burwell, the surgeon in charge of CircleBath's new hip unit, has just finished his fifth hip replacement of the week. He explains that he and the other five hip surgeons working at the hospital undertake approximately 250 procedures each every year.

So what exactly is a hip unit?

"The hip unit is a team of specialist hip surgeons, nurses and physiotherapists whose focus is on treating all hip conditions and providing the highest level of support.

"One of the biggest advantages is that any question a patient has will be answered by a hip expert," Burwell explains.

The hospital has produced an in-depth guide for patients containing a step by step description of the operation, answers to a range of common questions and illustrations of exercises to help patients prepare themselves for the operation, both physically and mentally.

Rapid recovery is a term which comes up frequently when talking to the hip surgeon and head physiotherapist Alexandra Buckley.

With immediate post-operative recovery taking place, first in the recovery areas and then in one of the hospital's well-appointed, private bedrooms, complete with en-suite.

Physiotherapy sessions are an integral part of rehabilitation and CircleBath has created an optional exercise programme, including hydrotherapy, to help patients return to a more active lifestyle.

The biggest advantage of the hip unit, Burwell concludes, is that:

"By introducing a comprehensive programme of treatment and care which provides knowledge and flexibility it puts the patient in charge of what can be a life-changing experience."

CircleBath's Hip Unit brings together the leading hip surgeons in the South West, including Matthew Burwell, Harvey Sandhu, David Shardlow, Evert Smith, Mike Rigby and John Timperley.



CircleBath Hospital's head physiotherapist Alexandra Buckley and hip surgeon Matthew Burwell.

How it works:

1. Your GP or Physiotherapist will refer you to a hip specialist at CircleBath.
2. If you choose to have surgery you can arrange to have the procedure whenever you want.
3. You will receive an information guide explaining the procedure and rehabilitation programme.
4. You will need a pre-assessment (which takes about an hour) to check your general health and wellbeing.
5. The operation takes approximately two hours. After initially being monitored in the recovery area you will then be moved into your private bedroom.
6. Post-operation physiotherapy generally begins the next day and in many cases patients will be ready to go home, armed with a recovery programme, after three days.
7. A full recovery plan, which takes about 12 weeks, will enable you to build strength and return to normal every day activities



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To find out more about the hip unit visit www.circlebath.com.