

The Midwest Orthopaedics at Rush Healthy Hip Program

In an effort to address this major orthopaedic health issue of hip pain in children and young adults, Midwest Orthopaedics at Rush has established the first comprehensive orthopaedic program in the Chicago area specializing in the treatment of acute, chronic, and degenerative hip conditions for these patients.

The goal of the Healthy Hip Program at Midwest Orthopaedics at Rush is to preserve the hip and help patients return to a full, active life. The program is geared toward children and young adults with acquired or early degenerative hip problems, sports injuries, or dysplasia. It offers alternatives to hip replacement to a patient population that suffers from chronic hip pain and bony deformities.



Appointment Information

Physician _____

Date _____ Time _____

Office Location _____

RUSH University Medical Center

1725 West Harrison Street
Chicago, IL 60612
Phone: 312.243.4244
Fax: 312.942.1517

Orthopaedic Clinic—Suite 1063
Hand and Shoulder Center and X-Ray—Suite 1042
Orthopaedic Oncology Clinic—Suite 440
Spine Center—Suite 118

Chicago—South Loop/River City

800 South Wells
Chicago, IL 60607
Phone: 312.243.4244
Fax: 312.427.6116

Orthopaedic Clinic—Suite M30
MRI—Suite M45
Physical and Occupational Therapy—Suite 137

Oak Park Hospital Medical Office Building

610 South Maple Avenue—Suite 1400
Oak Park, IL 60304
Phone: 312.243.4244
Fax: 312.942.1517

Central DuPage Hospital Ambulatory Service Pavilion

25 North Winfield Road—Suite 505
Winfield, IL 60190
Phone: 630.339.2200
Fax: 630.682.8946

Prairie Medical Center of Westchester

2450 South Wolf Road, Suite F
Westchester, IL 60154
Phone: 708-236-2750
Fax: 708-562-6875

Healthy Hip Program for Children and Young Adults



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For appointment information, call us
at 877 MD BONES (877.632.6637)

The Problem of Hip Pain in Children and Young Adults

Every day, thousands of children and young adults suffer from pain caused by hip disorders. Traditionally, treatment for hip pain for patients in this age group involved little more than a prescription of activity moderation, anti-inflammatory medicines, and painkillers. At the onset of joint disease, pain typically occurs during or just after physical activity. Over time, however, the pain becomes more frequent and many people may have hip pain even when at rest.

Unfortunately, hip replacement for children and young adults is not an optimal treatment option due to activity restrictions and the limited lifespan of the artificial joint. A patient who gets a hip replacement at a very young age may require multiple hip surgeries over the course of his or her lifetime.

The Healthy Hip Program combines MOR's top-ranked physicians with emerging technologies to diagnose and treat individuals with chronic and degenerative hip conditions. MOR physicians are experts in the diagnosis and treatment of these problems, which may help patients avoid or postpone total hip replacement.

Hip Arthroscopy

Hip arthroscopy is an expanding technique that allows surgeons to treat a variety of hip joint problems that once required open invasive surgery. Advances in surgical techniques and instrumentation allow us to perform a variety of procedures to repair torn labral cartilage, release contracted joint capsules, and remove bone spurs or malformations that can lead to progressive arthritic wear. The labral cartilage that surrounds the hip socket is similar to the meniscus cartilage of the knee. Labral injuries can occur with a variety of sports and recreational activities that include twisting and rotation.

The surgery is performed using a pencil-sized camera (arthroscope) and miniature instruments that are inserted through small incisions (about one centimeter each). Images of the hip and surrounding area are transmitted through the camera via optic fibers to a television monitor and are used by the surgeon to diagnose and correct the disorder. Candidates for hip arthroscopy include active individuals who have pain associated with labral tears, focal cartilage damage, or hip impingement as a result of bone spurs. Hip arthroscopy is less invasive than traditional surgical procedures and is done on an outpatient basis. Patients have an early and accelerated course of rehabilitation, and a quicker return to full activity.

Pelvic Osteotomy

Pelvic osteotomy is a major surgical procedure that involves reorienting the socket of the hip joint to correct biomechanical problems caused by abnormal development of the hip socket. It is the procedure of choice in young patients with this type of developmental abnormality. The hip socket, or acetabulum, is cut free from the pelvis, and is rotated to provide better coverage of the femoral head. Bone screws are used to maintain the new alignment. This reconstruction has good longevity as healthy joint cartilage in the socket now covers the whole femoral head.

Femoral Head/Acetabular Osteoplasty

Femoroacetabular impingement is caused by a structural deformity either in the femoral head or the acetabulum. This hip-joint deformity causes abnormal contact between the proximal femur and the acetabulum during terminal hip motion and creates unbearable hip pain. The problem usually presents in young adults and can often go undiagnosed for years. Femoral head or acetabular osteoplasty can correct the problem and reduce or eliminate the pain.

This surgery may be performed arthroscopically or with an open surgery depending on the severity and location of the abnormality. In arthroscopic surgery, the hip is pulled apart slightly, the site of impingement is identified and the labrum and acetabular cartilage are assessed for lesions. Lesions may be debrided by a shaver or radio thermal device. Any nonspherical sections of the femoral head or prominent sections of the anterior femoral neck are removed to improve the offset of the neck and increase clearance in the joint. The femoral head or acetabulum is reshaped with the focus on improving the clearance for hip motion and alleviation of femoral abutment against the acetabular rim. If the problem is more severe or in an area that cannot be reached by arthroscopy, the procedure is done with an open surgery where the hip is dislocated to allow removal of the spurs and repair of any torn cartilage. The aim of femoro-acetabular surgery is to improve range of movement and to reduce any unwanted contact in the hip joint.

The Region's Leading Orthopaedic Physicians

The Program Faculty includes the following MOR physicians who are leading experts in their specific orthopaedic subspecialty. Together this team of experts will collaborate to provide the highest level of care and expertise to patients seeking alternatives to hip replacement.



Charles Bush-Joseph, M.D.

A leading expert in sports medicine and arthroscopic hip surgery, Dr. Bush-Joseph serves as the Head Team Physician for the Chicago White Sox Baseball Team and Team Physician for the Chicago Bulls NBA Basketball Team. Dr. Bush-Joseph has been performing hip arthroscopy for the past 12 years and is among the most experienced orthopaedic arthroscopic surgeons in the Chicago area.



Jorge Galante, M.D.

Dr. Galante is a pioneer in joint replacement surgery. He has served as president of the Illinois Orthopaedic Society, The Hip Society, and the Orthopaedic Research and Education Foundation. Dr. Galante has earned numerous national and international awards for his research and clinical contributions in the field of total hip and knee replacement.



Monica Kogan, M.D.

Dr. Monica Kogan specializes in the care and treatment of pediatric orthopaedic injuries, conditions, and deformities. Her fellowship in pediatric orthopaedic surgery was completed at the Primary Children's Medical Center in Salt Lake City. She will provide guidance and support for children and adolescents with hip issues that are referred to the new clinic.



Walter Virkus, M.D.

Dr. Virkus specializes in orthopaedic trauma and oncology. He completed a fellowship in trauma training at the Shock Trauma Center in Baltimore, Maryland, and the Hospital for Special Surgery in New York City. His clinical interests are in complex limb preservation, pelvis and acetabulum surgery, and minimally invasive fracture surgery. He has authored multiple book chapters and research articles on both trauma and oncology. His expertise in hips includes pelvic and femoral osteotomy and open hip surgery for impingement.

About Midwest Orthopaedics at Rush

Midwest Orthopaedics at Rush's reputation as a leader in specialized orthopaedic patient care, education, and research is validated by *U.S. News & World Report's* ranking of the orthopaedic program at Rush University Medical Center as the #10 program in the nation and also the top-ranked program in Illinois. In fact, *U.S. News and World Report* consistently has ranked Rush Orthopaedics among the Top Ten Programs in the nation. Midwest Orthopaedics at Rush physicians also serve as team physicians for the Chicago Bulls and the Chicago White Sox.

For additional information about our physicians, call **877 MD BONES** or visit us online at **www.rushortho.com**.

