



## Ask the Expert

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### **Q. What is unique about an anterior approach to hip replacement surgery?**

A. There are a variety of ways for surgeons to perform a hip replacement surgery. The two most common are the “posterior” approach and the “direct anterior” approach. The main difference between them is where the incision is made to access the hip joint. In the traditional posterior approach, the incision is made through the back of the hip while the patient is on his or her side. In an anterior approach, which is growing in popularity, the incision is done through the front of the hip while the patient is laying on his or her back.

There are many pros and cons to both approaches, but one main advantage of the anterior approach is that it is less invasive and therefore patients typically have less postoperative pain and experience a quicker recovery. In addition, the anterior hip replacement is a muscle-sparing approach so no muscles or tendons are cut during the procedure, unlike more traditional approaches. As a result, patients may experience better range of motion, require fewer hip restrictions, and most importantly, have a decreased risk of hip dislocation after surgery.

To schedule an appointment with Dr. Luu, call **562.789.5452**. To learn more, visit **PIHHealth.org/Ortho**.

## Family Medicine Residency Center Offers Quality Care in a Team-Based Setting

Have you ever considered going to the PIH Health Family Medicine Residency Centers in Downey or Whittier for healthcare services? Here are several reasons why they may be the right fit for you.

“Many patients who have chronic conditions like the fact that they can have more time with their doctors, while enjoying a team-based approach to ensure high-quality care,” said Nelson Dalla Tor MD, Family Medicine physician and program director of the PIH Health Family Residency Center at Whittier. “Others appreciate having the convenience of same-day access and all the benefits of having multiple generations of family members going to the same clinic. The reasons are unique for everyone.”

The two PIH Health centers are training sites for 39 resident doctors who are in the process of receiving their board certification. They serve patients of all ages, offering prenatal, obstetric, pediatric, dermatologic care, chronic disease management and more.

For more information about becoming a patient at one of the PIH Health Residency Centers, call **562.904.4411** for Downey and **562.698.0811 Ext. 18599** for Whittier.