



John Zook, right, is able to keep up with his grandkids, thanks to a hip replacement.

Joint replacement gives patients a new lease on life

New Hip, New Horizon

Talk with John Zook, 69, about his decision to have hip replacement and he'll tell you there were two defining moments.

The first came during a trout-fishing lesson with an older friend when he realized how severely his own mobility was compromised in comparison to that of his 70-plus pal. The second came when his son announced plans to wed in Telluride.

As Zook tells the story, he easily could have lived without trout fishing. But the thought of being unable to enjoy all the activities that the mountain and the marriage festivities would afford his family was just too much to take.

WEIGHING THE OPTIONS

It wasn't that Zook hadn't explored other alternatives. As his hip pain had gradually increased, he'd tried yoga, deep-tissue massage and chiropractic care. His primary care physician, Ken Cohen, M.D., was supportive of his comfort-measure search. "He said, 'Do what you can,'" Zook recaps, "but eventually, we'll have to pop in a new hip."

"Eventually" arrived, and Cohen referred Zook to Mark Mills, M.D., a joint replacement specialist at Panorama Orthopedics & Spine Center and an OrthoColorado Hospital physician.



Mark Mills, M.D.

Mills estimates he has performed well over 3,000 total-hip replacement surgeries in recent years. Asked what he would like people considering the procedure to know, he replies, "That it's an excellent solution. Generally, the surgery lasts about one-and-a-half hours, the rehabilitation period is quick, and most patients regain near-normal function. With the

exception of high-impact activities and high-level racket sports, there are virtually no restrictions."

MATERIAL MATTERS

Many patients have one major concern when it comes to replacement joints: Do today's advanced metal and plastic replacement joints last?

"Absolutely," Mills answers. "John's will work well the rest of his life."



Just weeks after surgery, Zook is back to virtually full function—an achievement for which he gives great credit to the specialized care of OrthoColorado Hospital.

“The presurgery classes were excellent in helping prepare me for what to expect,” he reports. “I had surgery on Monday and was out Wednesday by noon.” Physical and occupational therapy—in his private room and in the OrthoColorado gym—were helpful as well.

Zook summarizes the experience succinctly: “I am so impressed with the outcome.” **V&V**



From the outside in, OrthoColorado Hospital has been designed specifically for the care, comfort and convenience of orthopedic patients and their families.



ONLINE

Got Joint Pain?

Let us help. Visit orthocolorado.org to learn more about OrthoColorado and the options available.

OUTSTANDING PATIENT SATISFACTION

In the past year, OrthoColorado Hospital patients have been selected, at random, to share their experiences. In the most recent survey, participants were asked to rate their experience using a scale of 0–10, with 10 being most favorable.

89% rated their same-day surgery experience as a 9 or 10.

93% rated their overall inpatient experience as a 9 or 10.

93% will definitely recommend the hospital to others.

POSITIVE OUTCOMES

How quickly a patient returns home after surgery is an important measure in quality care. Here's how OrthoColorado Hospital's "length of stay" compares with national averages using that measurement:

OrthoColorado Averages vs. National Averages

- Total Hip Replacement: 2.6 days vs. 4.9 days
- Total Knee Replacement: 2.9 days vs. 3.8 days
- Spine Fusion: 2.6 days vs. 5.6 days