

## RELIEVING HIP PAIN



Mary Smith, hip arthroscopy patient and Dr. Brenton Milner, orthopaedic surgeon, with a skeleton model depicting bone structure of the human body. Smith underwent the minimally invasive hip arthroscopy procedure in October of this year.

### • Local surgeon performing hip arthroscopies

**By Danae Brandjord**

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SHERIDAN — Hip pain can have many causes, but now there's a procedure that might help in certain conditions to cure the pain and also prevent any future effects, such as early arthritis. Dr. Brenton Milner is one of the few orthopaedic surgeons in this region who actively performs hip arthroscopies to correct problems with the hip joint.

Milner said one of the primary reasons to do a hip arthroscopy is hip impingement — when the junction where the femur's headball and neck is flat and pinches on the edge of the cup, causing pain and ultimately damage to the cartilage. Another reason for hip impingement is if the cup of the hip where it meets the femur is turned causing the femur to rub against the cup. In both cases, the procedure is done to reshape the femur or the cup so it stops the pinching, and to repair any damaged cartilage.

Milner said this is a fairly new diagnosis and procedure.

"Because this condition is so difficult to see on a standard hip X-ray, it has often been missed," he explained.

It requires a special angle x-ray view or even special protocol Magnetic Resonance Imaging (MRI) to identify the labral tears that are present with this condition. The labrum is a ring of cartilage surrounding the edge of a joint surface of a bone.

This is a major cause of hip pain in young adults, and it is a leading cause of early arthritis in the hips, according to Milner. He says goals of the procedure are to alleviate the pain and hopefully prevent arthritis which frequently leads to total hip replacements.

"It used to be that young people would complain of hip pain, and doctors wouldn't know the cause of it, let alone how to treat it because it is so difficult to diagnose," Milner said. Now, however, he said this condition is becoming more well-

#### Quotable ...

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**Dr. Brenton Milner**  
Orthopaedic Surgeon

known and physicians are starting to look for it when patients complain of hip pain.

Certain physical activities can exacerbate this condition. Yoga and hurdling, for example, can lead to hip problems like these. Other athletes who use their hips extensively can also have hip pain. But Milner said some people are also born with the problem. Regardless of how it happens, the labral tears that occur need to be repaired in order to fix the problem and to allow people to continue with their activities without experiencing pain.

Milner is well-prepared to do this procedure. He performed several hip arthroscopies when he was in residency. He also holds a subspecialty certificate in sports medicine and has obtained additional specialized training at a hip arthroscopy course last year in Vail, Colo., at the Steadman-Hawkins Clinic, a world-renowned orthopaedic sport medicine clinic.

Sheridan resident Mary Smith underwent hip arthroscopy in October of this year because of a tear in the labrum of her hip lining due to hip impingement and bone spurs on her femur. She had been suffering from hip pain since early 2011. Although it is still early, Smith already notices a difference.

"The pre-operative pain is almost completely gone, and my motion is tremendously improved," Smith said.

Milner said that before this diagnosis became more common, the prescription for patients with hip pain was often some therapy coupled with advice to avoid activities that might induce the pain, usually activities they enjoyed doing.

"With this procedure, people can continue to participate in the sports they like to do without having pain or causing arthritis," said Milner.

Smith is very physically active. A competitive golfer, she also plays tennis and participates in regular exercise and weight lifting. She is anxious to return to her activities without feeling the pain that was previously there.

Milner said that the procedure has evolved over many years into the simple, quick-healing minimally invasive procedure it is now. In the past, a surgeon would have to open up the hip and perform a completely invasive procedure to treat hip impingement. With arthroscopy, the incidence of complications is lowered, patients can walk faster and pain is greatly reduced.

Smith is familiar with the Sheridan medical community — her husband practiced orthopaedic surgery here for 36 years, one daughter is a general surgeon, and another daughter works as a financial analyst for the hospital.

"We have an excellent medical community here," Smith explained. "Dr. Milner and the hospital were great. I wouldn't have gone anywhere else."

Smith went through four weeks of physical therapy following the procedure, and she was also on crutches during that short period of time. Now she is back on her feet, taking it slow, but anxious to increase her activity level. She hopes to start playing golf in January — when they travel to a warmer climate.

Milner currently performs this procedure on patients who need it right here at Sheridan Memorial Hospital. People experiencing hip pain, particularly those who are in their twenties or thirties, are encouraged to visit their primary care physician or contact Milner at Sheridan Orthopaedics.