Total Hip Replacement Information

**What is a healthy hip?**
- The hip is a simple ball and socket joint.
- The top of the thighbone forms a ball that fits into a cup or socket (acetabulum) in the pelvis.
- Together this ball and socket make up your hip joint.
- The socket and the ends of the ball are covered by a smooth shiny material called cartilage that cushions and protects the hip joint and allows it to move easily.
- Around the hip joint is a capsule that has a smooth, slippery lining (synovial lining). This lining makes a fluid that helps your hip joint glide easily.
- Muscles, tendons, and ligaments help to support the hip and keep the joint stable.

**What is a damaged hip?**
- Most of the time damage to the hip is caused by osteoarthritis (OA), also called wear and tear arthritis or degenerative joint disease.
- Osteoarthritis can run in families or develop after an injury.
- Age and weight may also be factors.
- After time, the cartilage wears away and the bones rub together becoming rough and pitted.
- The ball grinds in the socket when you move causing pain and stiffness.

**What is a hip replacement?**
- A hip replacement is the replacement of the ball and socket of the hip joint with parts called prostheses.
- A metal cup with a plastic liner replaces the worn socket.
- A metal or ceramic ball replaces the damaged ball.
- A metal stem is inserted into the thighbone.
- The new prosthesis has a smooth gliding surface that allows for easy movement without pain.