

# NCH Orthopedic Surgeon Perfects Surgical Method for Total Hip Replacement

If you are one of the hundreds of thousands of Americans who are considering or are a candidate for total hip replacement surgery this year – H. Morton Bertram, III, MD, has some great news for you. He has developed an innovative surgical technique called the Capsular Sparing Technique that has been highly successful in the prevention of post-surgical dislocation.

Last July, the NCH Physician Group welcomed Dr. Bertram who is a board-certified orthopedic surgeon specializing in total hip and knee replacement. He is a true patient care innovator – having developed pre-surgical and recovery programs as well as specialized surgical techniques during his 30-year career.

The Capsular Sparing Technique differs from more traditional hip replacement techniques because it does not require the removal of any of the deep layers of the hip joint, called the capsule. “The capsule is a very thick layer that provides inherent stability to the hip,” explains Dr. Bertram. “In traditional hip replacement surgery, almost all of that fibrous tissue is taken out in order for the surgeon to have a clear access to the hip joint.”

Dr. Bertram has been successfully performing his specialized capsule-preserving technique for more than 12 years now. “I can leave the capsule in place, get the exposure that I need to do the surgery, and then repair the capsule, reproducing its original anatomy.”

Utilizing this technique, Dr. Bertram says the hip is much more stable after surgery, making it much less likely to dislocate, which he says is the key. “After performing the technique on well over a thousand first-time hip surgery patients without a dislocation, I would say that we're on the right track,”

he adds.

The surgery takes about an hour and patients stay overnight, or few days, depending on their age and medical conditions. Dr. Bertram's Accelerated Recovery Program (ART), instituted at NCH, helps to minimize pain and decrease blood loss. Pain can be managed with oral medication.

Among Dr. Bertram's patients are professional golfers, high-level tennis and pickleball players, and weightlifters who do deep squats with heavy weights – all of whom report great results following hip replacement surgery.

“Patients are happy that recovery is quick, and limitations post-surgery are minimal,” says Dr. Bertram. “Within about two weeks, they don't have to worry about the position of their hip. That doesn't mean we don't try to protect them for a little longer, but there are no limitations on the range of motion.”

According to Dr. Bertram, patients are off a cane in seven to ten days. Most can begin driving within two to three weeks, return to golf at six weeks, and tennis at

eight weeks.

If you are experiencing pain in your hips – or groin area – Dr. Bertram advises an examination sooner rather than later. “And, there are other options for the treatment of hip pain besides surgery,” he says, “including biologic treatments or injections of platelet-rich plasma or stem cells, when appropriate.”



H. Morton Bertram, MD



## When To See an Orthopedic Surgeon For Hip Issues

- Pain located in the groin
- Pain from osteoarthritis and rheumatoid arthritis
- Patients with inflammatory arthritis
- Severe functional limitations when walking or using stairs
- Stiffness

## NCH Pre-Surgery Patient Optimization Program

- Helps patients prepare for and ensures readiness for surgery and optimal post-surgery healing
- Decreases the patient's risk of post-surgery complications or infection
- Utilizes critical thinking and assessment of the patient's risk by ordering and reviewing laboratory studies (checking protein levels, immune system health, vitamin D, zinc and blood sugar levels)
- Makes pre-surgery recommendations for starting vitamin supplements, probiotics, anti-bacterial soap, and when to stop alcohol consumption



To make an appointment with **Dr. Bertram**, call **239-624-1700**.