

# 全髋关节置换

## Total Hip Replacement

Total hip replacement is a surgery to replace worn or damaged parts of the hip joint. The surfaces of the diseased joint are removed and replaced with an artificial joint. This surgery can relieve pain and improve movement in your hip joint.

You may need a total hip replacement if:

- Other treatments, such as medicine, steroid injections, and physical therapy, no longer stop your pain or help movement of the joint.
- The pain or poor movement in your hip prevents you from doing your normal activities.

全髋关节置换是置换髋关节磨损或受损伤部分的手术。手术中，切除疾病关节的表面，代之以人工关节。此手术可舒缓疼痛，改进髋关节的运动能力。

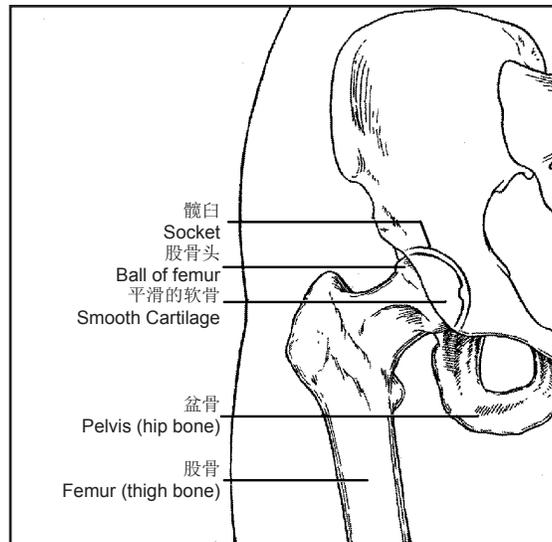
有下列情形者，可能需要进行全髋关节置换：

- 其它治疗方法，例如药物、注射类固醇和物理治疗，已经无法止痛或改善关节的运动能力。
- 髋部疼痛或运动不便，导致无法进行正常的活动。

## Normal Hip Joint

Your hip is a joint where the thigh bone (femur) meets the hip bone (pelvis). A healthy hip has layers of smooth cartilage that cover the ball-shaped end of the femur and socket shaped part of the pelvis. The cartilage acts as a cushion and allows the ball of the femur to glide easily within the socket of the pelvis. The muscles around the joint support your weight and help move the joint smoothly.

## 正常的髋关节

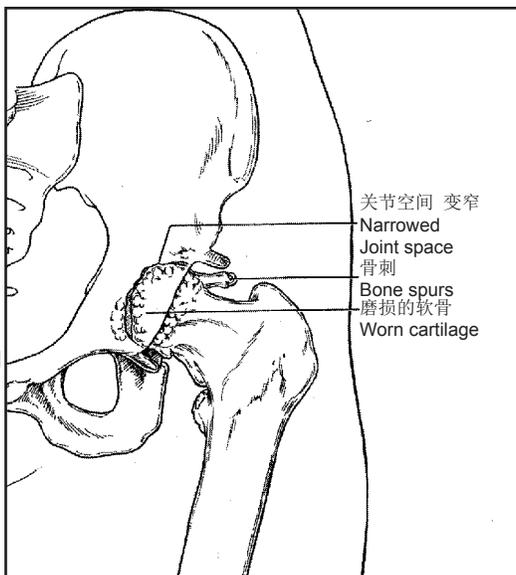


髋部本身是一个关节，将股骨与盆骨连接在一起。健康的髋关节中，球状的股骨头和盆骨的臼状部分表面都有多层平滑的软骨。软骨发挥缓冲的作用，使股骨头能够在髋臼内自如滑动。关节周围的肌肉则支撑体重，协助关节平稳运动。

## Worn Hip Joint

The smooth cartilage layers can wear down on the ball and socket part of the hip joint. The cartilage can wear down as you age or from injury, arthritis or a side effect from certain medicines.

When the joint wears down, the smooth surfaces become rough, like sandpaper. As you move your leg, the ball grinds in the socket causing pain and stiffness.

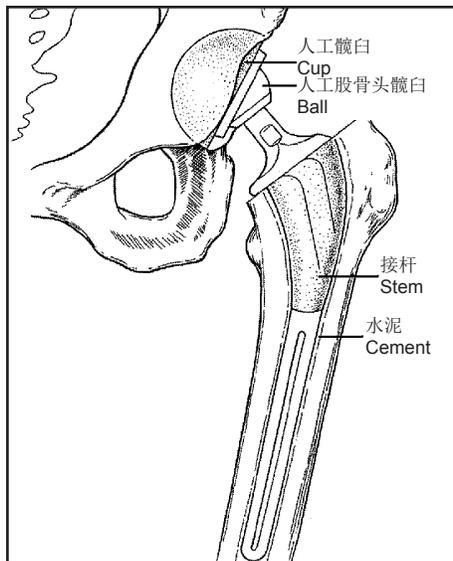


## 磨损的髋关节

髋关节的球窝和髋臼上的光滑软骨层可能会磨损。年龄的增长、外伤、关节炎或某些药物的副作用，都可能导致软骨磨损。随着关节的磨损，光滑的表面可能变得凹凸不平，像砂纸一样。腿移动时，球状股骨头在髋臼中碾压，导致疼痛和僵硬。

## Total Hip Replacement

During surgery, the damaged cartilage and ends of the bones of the hip joint are removed. A new joint is created using an artificial cup and ball made of metal and very strong plastic. The cup replaces the worn hip socket of your pelvis. The new ball is attached to a stem that fits into your femur and may be cemented in place with special bone cement. The metal has a porous surface that your bone will grow into as it heals to create a tight fit.



## 全髋关节置换

手术中，除去髋关节的受损软骨和骨端部分。使用金属和强度极高的塑料材料制成的杯状人工髋臼和股骨头，制成新关节。人工髋臼代替盆骨已经磨损的髋臼。新的股骨头接在一根接杆上，可用骨水泥将接杆与股骨固定在一起。金属的表面为多孔性，骨头在痊愈的过程中，会长入金属表面，与金属结合在一起。

## Joint Pain and Movement After Surgery

The staff will help you stand and begin walking with a walker the day of or day after surgery. You will have some pain as you heal and your muscles regain their strength. This pain should go away in a few weeks and pain medicine will be ordered to help relieve your pain. With your new joint and physical therapy, you may be able to resume many of the activities you enjoy.

**Talk to your doctor or nurse if you have any questions or concerns about total hip replacement.**

## 手术后的关节疼痛和运动

在手术当天或次日，医护人员会帮助您站立，开始使用助行器走路。随着组织的痊愈和肌肉恢复力量，会有一些疼痛。疼痛应在数周内消退，会使用止痛药来缓解疼痛。置换新关节后，辅以物理治疗，可能可以恢复许多活动的 ability。

**如果对全髋关节置换有任何疑问或担心，请询问医生或护士。**