

# Advanced hip replacement surgery gets patients **back to their lives**

**F**or patients needing hip replacements, St. Francis Regional Medical Center now offers one of the newest and most advanced surgical options available anywhere in the country. The technique, called SuperPATH, is minimally invasive, which means that the surgeon makes two small incisions and performs the operation using special instruments inserted through the small cuts.

“Unlike typical approaches for hip replacements, SuperPATH does not involve cutting any tendons, dislocating the hip socket or placing the leg in any abnormally twisted positions,” said K. Dean Olsen, MD, an orthopedic surgeon at Park Nicollet Clinic who performs the technique at St. Francis Regional Medical Center. “As a result, there’s significantly less tissue damage.”

## **LESS TISSUE TRAUMA SPEEDS HEALING**

Benefits of the surgery include:

- shorter hospital stay — only one to two nights
- faster recovery and return to normal activities within three to four weeks

- less pain than a typical hip replacement
- no physical restrictions after surgery — patients can bend over and cross their legs, which many cannot do following a typical hip replacement procedure.

## **HELPING PATIENTS LIVE PAIN-FREE**

Tom Bartz, 42, had his hip replaced with the SuperPATH technique at St. Francis earlier this year. After seeing four different doctors and, in his opinion, waiting six years too long, he finally crossed paths with Olsen and this less-invasive procedure. Bartz had severe osteoarthritis, a painful condition in which bone rubs on bone.

“Before the surgery, I couldn’t do everyday simple things like carry my son, step through snow or walk up and down stairs. I had pain on every step, even on level ground, and I just couldn’t take the pain anymore,” said Bartz. “I had the surgery on a Tuesday, was home on Wednesday, and the next day I was walking down my street and back to normal activities within two weeks. After my hip replacement surgery, I am pain-free. My only regret is hesitating and waiting,” he said.

▶▶ **Considering hip surgery? Visit [stfrancis-shakopee.com](http://stfrancis-shakopee.com), click on *Services* and then *Orthopedic & Neuroscience* to learn more. To make an appointment with K. Dean Olsen, MD, please call **952-993-3230**.**

Tom Bartz, happy and pain-free, two weeks after his hip replacement surgery at St. Francis Regional Medical Center.

