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Living With Joint Pain?



Dominic Peters
M.D., FAAOS

Joint pain is a common problem, especially in older adults, but it doesn't have to be a way of life.

"People are living longer and want to stay active as they age," said Dominic Peters, M.D., FAAOS, a fellowship-trained orthopaedic surgeon affiliated with Salem Regional Medical Center (SRMC) and Salem Orthopaedic Surgery. "This is especially true for Baby Boomers, who face the increased pain of arthritis and wear and tear on their joints; which causes them to look for ways to improve their quality of life and maintain their fitness levels."

As a person's cartilage thins and the bones of a joint begin rubbing against each other, daily pain often increases and forces people to slow down.

"This triggers a downward spiral of more pain, less activity and weight gain; and increases a person's risk of health problems like disability, heart disease and diabetes," Dr. Peters continued.

Knee and Hip Replacements

If non-surgical treatments such as medication, physical therapy or weight management don't work to relieve joint pain, joint replacement surgery may be an option.

► **Knees:** Knee replacement surgery may be needed for a stiff, painful knee that makes it difficult to perform daily activities. This surgery is generally reserved for people over age 50, who have severe osteoarthritis caused by aging joints, injury or obesity.

► **Hips:** Hip replacement is a procedure to remove a painful hip joint, and is usually done to make walking easier.

"During a hip or knee replacement, the damaged surfaces of the joint are removed and replaced with plastic and metal implants," Dr. Peters said. "This gets rid of the pain, because the diseased cartilage and bone are no longer present."

Anterior Approach to Hip Surgery

Fellowship trained in adult hip and knee arthritis replacement surgery, Dr. Peters performs an advanced procedure called anterior hip replacement, which involves

making an incision at the front of the hip instead of going through the buttocks or the side of the hip.

“The anterior technique is used to reach the hip socket, one of the body’s largest joints, without cutting through major muscle groups,” he explained. “This type of hip replacement does not require splitting or dividing muscles and tendons from the femur - the longest bone in the body - in order to access the hip joint. Because the major muscle groups of the hip are largely left untouched, this surgery is considered to be muscle sparing.”

Many patients who undergo anterior hip replacement experience:

- Shorter hospital stays
- Faster healing and recovery times
- Less post-operative pain and more natural hip
- Improved mobility
- Increased stability

Dominic Peters, M.D., FAAOS, sees patients at Salem Orthopaedic Surgery, located inside Salem Regional Medical Center at 1995 East State Street in Salem. Appointments with Dr. Peters can be scheduled by calling 330-332-7840. He is affiliated with SRMC’s medical staff.