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# THE NEW FRONTIER OF SPORTS MEDICINE: HIP ARTHROSCOPY

## TOP NATIONAL SURGEON LEADS “HIP CENTER OF EXCELLENCE” AT ADVENTIST HINSDALE HOSPITAL

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Hinsdale, Ill. – Many high-profile athletes know firsthand that hip arthroscopy is the quickest and most-effective way to address hip injuries and get back on the field. But the surgery hasn't reached the masses – until now.

Benjamin G. Domb, M.D., a nationally renowned orthopedic surgeon who specializes in hip arthroscopy, is leading the charge as medical director of the new Hip Center of Excellence at Adventist Hinsdale Hospital (120 N. Oak Street, Hinsdale).

Domb has set out to make hip arthroscopy known and accessible to all who need it – pro athletes and weekend warriors alike – and has recruited a “dream team” of renowned surgeons to Adventist Hinsdale Hospital (part of Adventist Midwest Health) in order to offer patients the innovative option, as well as a comprehensive catalogue of other hip restoration solutions.

### QUICK SOLUTION FOR PRO ATHLETES

New York Yankees baseball star Alex Rodriguez and Arizona Cardinals quarterback Kurt Warner made headlines in 2009 when they each underwent hip arthroscopy to repair a labral tear.

The labrum – the cartilage that surrounds the hip joint socket – functions like a suction cup to hold the lubricant fluid in the joint and keep the hip stable. A torn labrum leads to “breaking the seal” of the hip, leaking the lubricant and losing its stability. Hip arthroscopy renews the seal to the femoral head through minimally invasive surgery, by inserting a small camera into the hip joint and removing or repairing the torn labrum with small instruments the width of a pencil.

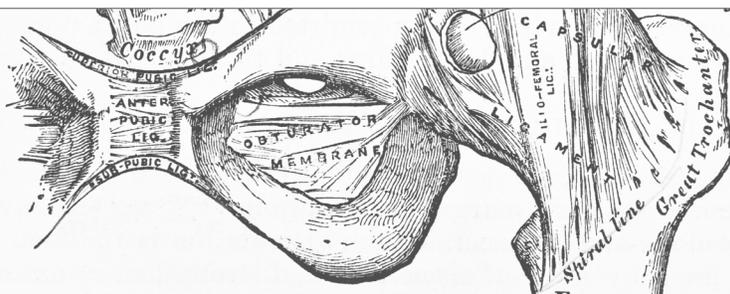
Domb says more pro athletes are sure to follow Rodriguez and Warner's lead in 2010. A labral tear – which five years ago may have been a career-ending injury – today can be repaired in a two-hour hip arthroscopy procedure, which requires just three to four months for full recovery.

“It's not surprising that hip arthroscopy has been adopted across all major professional sports disciplines,” says Domb, 34, who played basketball at Princeton University and professionally in Spain after college. “The quick recovery cycle benefits top-tier athletes, sports management and ultimately fans. But the benefits of hip arthroscopy aren't for the pros alone.”

### AN ATHLETIC — NOT ELDERLY — JOINT ISSUE

Domb is among the 10 busiest hip surgeons in the U.S., and more than half of the 600 surgeries that he performs each year are hip arthroscopies. Most of Domb's patients are between the age of 20 and 40 and lead active lifestyles playing sports such as hockey, baseball, basketball, running golf and tennis, among others.

“Hip injuries are commonly associated with the elderly, but the truth is, the hip is an athletic load-bearing joint,” says Domb. “Like a paper clip that's bent back and forth many times, the labrum and cartilage can only take so much athletic wear and tear.”



Domb said the good news is labral tears and other hip injuries don't have to be debilitating or life changing – thanks to hip arthroscopy and a wide range of other hip solutions offered at the Hip Center of Excellence at Adventist Hinsdale Hospital.

## RESTORING THE ANATOMY, NOT REPLACING IT

In the 1970s, knee arthroscopy became well-known as a non-invasive alternative to knee replacement. Restorative shoulder arthroscopy became the preferred solution in the 1980s. Today, there are now 10 times more arthroscopic shoulder repairs than shoulder replacements, and four times as many arthroscopic knee repairs than replacements. Domb says hip arthroscopy is on the brink of the same kind of breakthrough in 2010, though at present, a total of 500,000 hip replacement surgeries are conducted in the U.S. each year, compared to only 30,000 hip arthroscopies.

“The ratio should be exactly the opposite,” Domb says. “Until there is greater awareness of hip arthroscopy and better diagnosis of labral tears, unnecessary surgeries will continue to be performed, causing months and years unnecessary pain.”

## MISDIAGNOSIS LEADS TO NEEDLESS SURGERY

The labral tear of the hip is perhaps the most misdiagnosed injury in orthopedics, says Domb, who earned his doctorate of medicine at Johns Hopkins University in Baltimore, Md. In fact, it's so unknown that it's not even noted in most medical text books, he says.

Domb says as many as 60 percent of labral tears are initially misdiagnosed as groin pulls, muscle strains, sciatica or other problems. In their search for a diagnosis, many of Domb's patients have had extensive testing and treatment including crutches, physical therapy, injections and even surgery – before finally finding their way to his Hinsdale office.

According to Domb, diagnosis of a labral tear is heavily dependent on the physical exam: “As orthopedic surgeons, we have to hang our hats on our hands.”

When diagnosing a labral tear, Domb simulates several special motions, twisting the hip in certain directions and reproducing the pain felt by the patient, in order to arrive at the proper diagnosis.

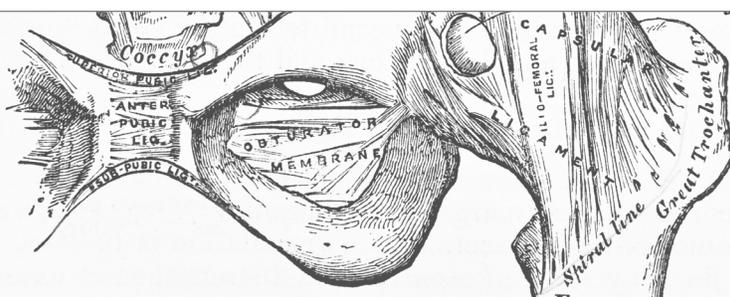
## THE HIP DREAM TEAM

Domb has recruited a dedicated group of top-notch hip surgeons to create the Hip Center of Excellence at Adventist Hinsdale Hospital. Each surgeon specializes in a different aspect of cutting-edge hip surgery, making this the first comprehensive hip center of its kind in the country. As a group, these specialists can expertly address any type of hip injury with a wide variety of approaches.

Among those joining the center is Robert Daley, M.D., who has performed hip replacements for hundreds of patients, including multi-sport athlete Bo Jackson's hip replacement in 1992. Daley's specialties include hip resurfacing, a procedure that reshapes a damaged hip ball and caps it with a metal prosthesis, then fits the damaged hip socket with a metal prosthesis.

Also on staff is surgeon Justin LaReau, M.D., who comes to the Chicago area from Harvard University. LaReau recently completed a fellowship at Harvard and worked at Boston Children's Hospital in Boston, Mass. LaReau specializes in open hip restoration procedures, including correction of abnormal bone structure of the hip. He also performs minimally invasive replacement surgery.

Steven Louis, M.D., a specialist in orthopedic trauma, provides another key element. Louis, who trained with Dr. Joel Matta in California, performs anterior approach minimally invasive hip replacements, a new technique that allows quick recovery and low complication rates for patients with hip arthritis. He also repairs complex fractures around the hip, including the pelvis and acetabulum.



In addition to recruiting talent, Domb is committed to bringing the most state-of-the-art hip surgery technology to the Hip Center of Excellence at Adventist Hinsdale Hospital and has hand-picked some of the most cutting-edge surgical equipment for the hospital, including new arthroscopic equipment, devices used for accessing joints arthroscopically and specialized operating room tables.

Domb weighs in on capital expenditures that impact the program, as well as its staffing and staff training. At full strength, Domb predicts that the Hip Center of Excellence at Adventist Hinsdale Hospital will involve six surgeons and 15 additional staff. Domb and his colleagues will continue to diagnose patients at Hinsdale Orthopedics – the home of his practice since 2007.

## PIONEERING RESEARCH AND INSTRUCTION

Domb's passion for advancing sports medicine has made him a leader not just in the operating room at Adventist Hinsdale Hospital, but also in the lab and in the classroom.

Domb recently invented "labral base refixation," a new way to repair the labrum of the hip. Labral base refixation is a technique that uses a specific stitch, at a precise angle, to correctly restore the labral anatomy. Domb has performed more than 80 labral repairs using this method since perfecting the technique in the laboratory in January 2008.

The research paper detailing labral base refixation was presented by Domb and his colleagues at the American Academy of Orthopedic Surgeons meeting in New Orleans, La., in March 2010, and soon it will be published in the journal *Arthroscopy*. Labral base refixation is now offered through the Hip Restoration Program, which also includes biomechanics lab research to further investigate cutting-edge hip solutions.

In March 2010, Domb also served as a visiting professor at the Mayo Clinic, lecturing for the Department of Orthopedics and conducting a lab for the residents.

Domb sees hands-on training as a vital component to the advancement of hip arthroscopy. He joined the faculty of Loyola University Stritch School of Medicine as a clinical instructor in 2008 – the youngest instructor on staff at the time. In 2007, he created his own hip arthroscopy and joint restoration fellowship program: a tour of the pre-eminent hip arthroscopy institutes around the world. He still runs the fellowship today.

## ADVENTIST MIDWEST HEALTH

Adventist Midwest Health is a network of not-for-profit hospitals and outpatient-based health care facilities in Chicago's western and southwestern suburbs, including a critical access hospital and skilled care nursing facility in central Wisconsin. Adventist Midwest Health takes a holistic, "whole-person" approach to wellness, providing medical and spiritual support for our patients and their families. For more about Adventist Midwest Health, visit [www.keepingyouwell.com](http://www.keepingyouwell.com).

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