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## Improving on the Hip Replacement

By [THE NEW YORK TIMES](#)

**I Feb 26. 4:34 p.m. | Updated Thanks for all your comments. See Dr. Meere's responses in the Comments section, below.** In this week's Science Times, Jane Brody, the Personal Health columnist, [reports on less invasive techniques for hip replacement](#) that reduce complications and speed recovery. Minimally invasive operations like anterior hip replacement and the PATH technique are allowing patients like Jack White, a 71-year-old personal trainer from Arizona, to "walk without a walker or even a cane" on the morning after surgery. "On Day 5, I walked a mile and a half, and in Week 4, I taught my aerobics class and played 18 holes of golf with no pain and no problem," Mr. White told Ms. Brody.

### **Do you have a question about hip replacement?**

This week Dr. Patrick A. Meere, an orthopedic surgeon at New York University who specializes in hip and knee arthritis surgery, joins the Consults blog to answer reader questions.



"There is no longer any universal formula for patients who need a hip replacement," said Dr. Meere, an associate professor of orthopaedic surgery and chief of adult orthopaedic services at NYU's Hospital for Joint Diseases and Langone Medical Center, where his interests include such approaches as minimally invasive surgery, muscle sparing surgery, robotics and computer assisted navigation. "Custom solutions, which may include minimally invasive surgeries, should be the product of an educated conversation between patient and physician that focuses on activity goals and recovery time as well as realistic indications and limitations," he said.

Post your questions for Dr. Meere in the comments box, below. Dr. Meere will be responding to readers later this week; check back on the Consults blog for updates.

**Update | Feb. 19 1:23 p.m. Thanks for all your questions. Dr. Meere will be responding to questions that have been submitted so far but will not be answering new ones.** Additional replies continue to be posted below — check back for updates. For more information, see Dr. Meere's Web site at [www.DrPatrickMeere.com](http://www.DrPatrickMeere.com), or you can e-mail him at [info@drpatrickmeere.com](mailto:info@drpatrickmeere.com)

*Please note that Dr. Meere cannot provide personal medical advice about individual cases and that his responses are not intended to substitute for professional medical advice.*