



Hip Arthroscopy

Achieve renewed mobility and relief from debilitating hip pain with this outpatient procedure.



Hip Arthroscopy (also known as Hip Scope) is a minimally invasive procedure that has revolutionized the treatment of acute and chronic hip pain and may postpone or eliminate the need for hip replacement surgery. Small buttonhole-sized incisions are all our specially trained surgeons need to insert an optical device, called an arthroscope. Guiding this small camera into the joint, the surgeon will survey the hip and use precision instruments to repair damaged tissue or clean away any inflamed material and treat the affected area. Hip Scope is an outpatient surgery typically performed by OAL surgeons at the conveniently located North Pointe Surgery Center.

FRANK M. ESSIS, JR., M.S., M.D.

Dr. Essis is our lead surgeon for Hip Scope and a key member of the Orthopedic Associates of Lancaster team.



He is a board certified surgeon specializing in general orthopedics including joint replacement, orthopedic trauma, and sports medicine.

North Pointe Business Park
170 North Pointe Blvd.
Lancaster, PA 17601

Willow Valley Medical Center
212 Willow Valley Lakes Dr., Ste 201
Willow Street, PA 17584

BENEFITS

Hip Scope avoids open surgery and the necessary hospital stay that follows such a procedure. As an outpatient procedure, patients leave the same day. Generally, recuperation times are shorter with Hip Scope than with other more invasive procedures.

RECOVERY AND REHABILITATION

The rehabilitation specialists at Orthopedic Associates of Lancaster will develop a recovery and rehabilitation plan designed specifically for you. You will be asked to take it easy for a few days, and crutches may be useful for a short time. Proper exercise is key – it speeds healing and aids in the recovery process. Your plan will include physical therapy with specific exercises to restore your strength and mobility.

ABOUT ORTHOPEDIC ASSOCIATES OF LANCASTER

Orthopedic Associates of Lancaster is Central Pennsylvania's premier practice for orthopedics and the treatment of chronic hip pain. Since 1972, our skilled physicians have performed medical procedures related to trauma, total joint replacement, pediatrics and sports medicine. In addition to chronic hip pain, OAL has treated a wide range of conditions and injuries related to the hand, shoulder, spine, foot and ankle.

For more information, go to www.fixbones.com/hipslope. To schedule an appointment, call us at 299.4871