

# Total Hip Replacement

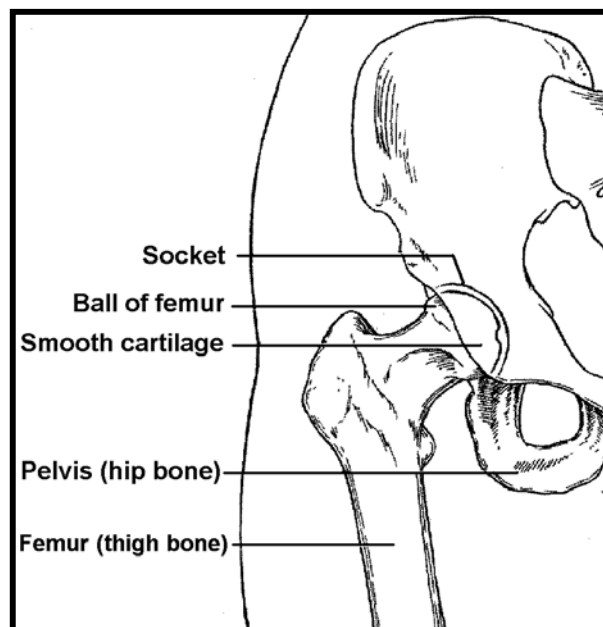
Total hip replacement is a surgery to replace worn or damaged parts of the hip joint. The surfaces of the diseased joint are removed and replaced with an artificial joint. This surgery can relieve pain and improve movement in your hip joint.

You may need a total hip replacement if:

- Other treatments such as medicine, steroid injections and physical therapy, no longer stop your pain or help movement of the joint.
- The pain or poor movement in your hip prevents you from doing your normal activities.

## The Normal Hip Joint

Your hip is a joint where the thigh bone (femur) meets the hip bone (pelvis). A healthy hip has layers of smooth cartilage that cover the ball-shaped end of the femur and socket shaped part of the pelvis. The cartilage acts as a cushion and allows the ball of the femur to glide easily within the socket of the pelvis. The muscles around the joint support your weight and help move the joint smoothly.



# Beddelista Buuxda ee Sinta/Misigta

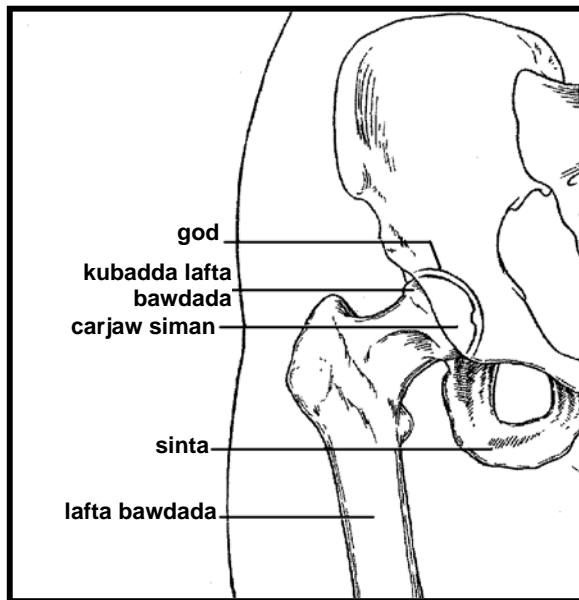
Beddelista buuxda ee sinta/misigta waa qalitaan lagu beddelayo qaybaha sinta/misigta ee madhay ama dhaawacmay. Oogada laabatada cudureysan/bukta ayaa la saaraa laguna beddelaa laabato artifishal ah. Qalitaankani waxa uu keenaa in laga nafiso xanuunka waxana uu hagaajiyaa dhaqdhaqaaqa laabatada sintaada/misigtaada.

Waxa aad u baahan kartaa beddelista buuxda ee sinta/misigta haddii:

- Daweynada kale sida dawooyin, ku-durista istariyoodh (steroid) ama jimicsiyo, ay joojin waayaan xanuunkaaga ama waxba ka tari waayaan hagaajinta dhaqaaqa laabatada.
- Xanuunka ama dhaqdhaqaaq xumida sintaada/misigtaada ayaa kaa horjoogsata in aad qabatid hawlo maalmeedkaaga caadiga ah.

## Laabato Sin/Misigeed oo Caadi ah

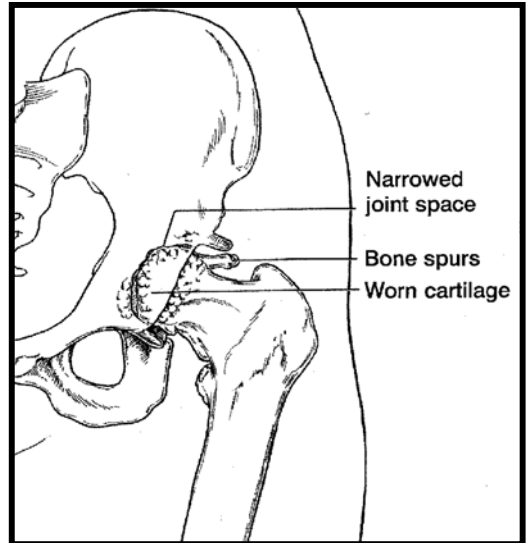
Sintaadu waa laabato halkaasoo dhamaadka lafta bawdadu ay kula kulanto lafta sinta/misigta. Sinta/misigta caafimaadqabta waxay leedahay lakabyo carjaw ah oo isku siman oo ku daboolan dhamaadka kubadda u eg ee lafta bawdada iyo qaybta godka u eg ee lafta sinta/misigta. Carjawdu waxay u hawlgasha sida barkin waxana ay kubadda lafta bawdada u oggalaata inay si fudud ugu silbato gudaha godka lafta sinaha/miskaha. Muruqyada ku wareegsan laabata waxay xajiyaan miisaankaaga waxana ay gargaar ka geystaan in laabatadu si fiican u dhaqaaqdo.



Total Hip Replacement. Somali.

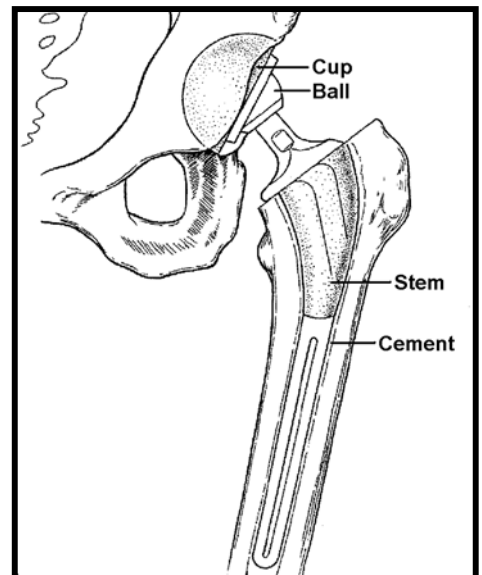
## The Worn Hip Joint

The smooth cartilage layers can wear down on the ball and socket part of the hip joint. The cartilage can wear down as you age or from injury, arthritis or a side effect from certain medicines. When the joint wears down, the smooth surfaces become rough, like sandpaper. As you move your leg, the ball grinds in the socket causing pain and stiffness.



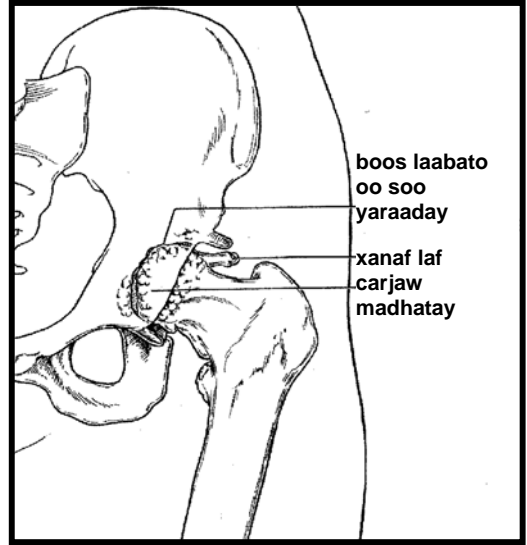
## Total Hip Replacement

During surgery, the damaged cartilage and ends of the bones of the hip joint are removed. A new joint is created using an artificial cup and ball made of metal and very strong plastic. The cup replaces the worn hip socket of your pelvis. The new ball is attached to a stem that fits into your femur and is cemented in place with special bone cement. The metal has a porous surface that your bone will grow into as it heals to create a tight fit.



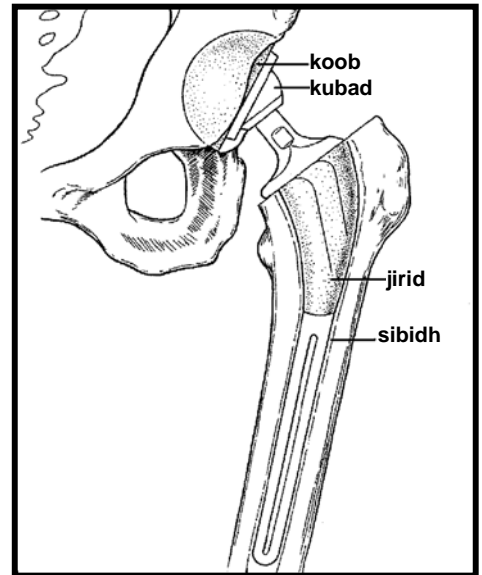
## Laabato Sin oo Madhatay

Carjawada isku siman ee ku taala kubadda iyo godka laabatada sinta/misigta way madhan karaan. Carjawdu way madhan kartaa marka aad sii gabowdid ama ay dhaawacanto, cudurka lafo-xanuunka (arthritis), ama wax yeelada dawooyinka qaarkood. Marka laabatadu madhato ama rifanto, oogadii isku sinnayd waxay noqon doontaan mid xanaf leh sida warqadda wax lagu xoqo. Marka aad lugta dhaqaajisid, waxa is xoqa kubadda iyo godka ay ku jirto taasoo keenta xanuun iyo adkaan laabato.



## Beddelista Buuxda ee Sinta

Inta qalitaanka lagu jiro, waxa lagaa saarayaa carjawda iyo dhamaadka lafaha laabata sinta ee waxyeeloobay. Waxa lagu sameynayaa laabato cusub oo ka ka kooban koob iyo kubad artifishal ah oo ka sameysan bir/macdan iyo balaastig/caag xoog badan. Koobku waxa uu beddelayaa godka sinta ee dhamaaday. Kubadda cusub waxay ku dhegsan tahay jirid galaysa lafta bawdada waxana lagu adkeeya goobta iyada oo la isticmaalayo sibidh ama shamiinto laf oo gaar ah. Birtu/macdantu waxay leedahay oogo daldaloosha oo laftaadu ku dhex kori karto marka ay bogsanayso si leekaan fiican u abuuranto.



## **Joint Pain and Movement After Surgery**

The staff will help you stand and begin walking with a walker the day of or day after surgery. You will have some pain as the tissues heal and muscles regain their strength. This pain should go away in a few weeks and pain medicine will be ordered to help relieve this surgery pain. With your new joint and physical therapy, you may be able to resume many of the activities you enjoy.

**Talk to your doctor or nurse if you have any questions or concerns about total hip replacement.**

## **Xanuunka iyo Dhaqdhaqaaqa Laabata ka Dib Qalitaanka**

Shaqaalaha ayaa kaa gargaari doona inaad sare joogsatid oo aad socodka bilawdid adiga oo adeegsanaya/isticmaalaya qalabka lagu socdo maalinta qalitaanka ama maalin ka dib. Waxa aad yeelan doonta xoogaa ah xanuun marka cadku sii bogsanayo isla markaana muruqyadu soo yeelanayaan xoogoodii. Xanuunkaasi waa uu iska tagi doonaa gudaha dhawr todobaad waxana lagu qori doonaa dawo xanuun si lagaaga gargaaro in aad ka nafistid xanuunka qalitaanka. Marka lagu sameeyo laabato cusub iyo jimicsiyo daweyn ah, waxa laga yaabaa in aad awoodid in aad dib u bilawdid qaar ka mid ah firfircoonidii aad berrigii hore ka heli jirtay.

**La hadal dhakhtarkaaga ama kalkaalisada haddii aad qabtid su'aalo ama walaac ku saabsan beddelista buuxda ee sinta.**

2/2008. Developed through a partnership of The Ohio State University Medical Center, Mount Carmel Health and OhioHealth, Columbus, Ohio. Available for use as a public service without copyright restrictions at [www.healthinfotranslations.org](http://www.healthinfotranslations.org).

Total Hip Replacement. Somali.