

Anterior Supine Hip Procedure

The *Zimmer*[®] Anterior Supine Hip Procedure combines the benefits of *Zimmer Minimally Invasive Solutions*[™] (MIS) procedures with the advantages of an anterior approach. In this case, the word “anterior” refers to the front of the hip. With this procedure, your surgeon utilizes a smaller incision than with traditional hip replacement surgery and has the ability to work between the leg muscles without detaching them from the thigh bones.

If you received this brochure from your surgeon, chances are that he or she has already told you that you may be a candidate for the Anterior Supine approach to surgery. This means you could experience the benefits associated with *Zimmer Minimally Invasive Solutions* (MIS) procedures and the Anterior Supine approach that are explained on the following pages. If you haven't already, talk to your doctor to find out if this procedure is right for you because not everyone is a candidate.

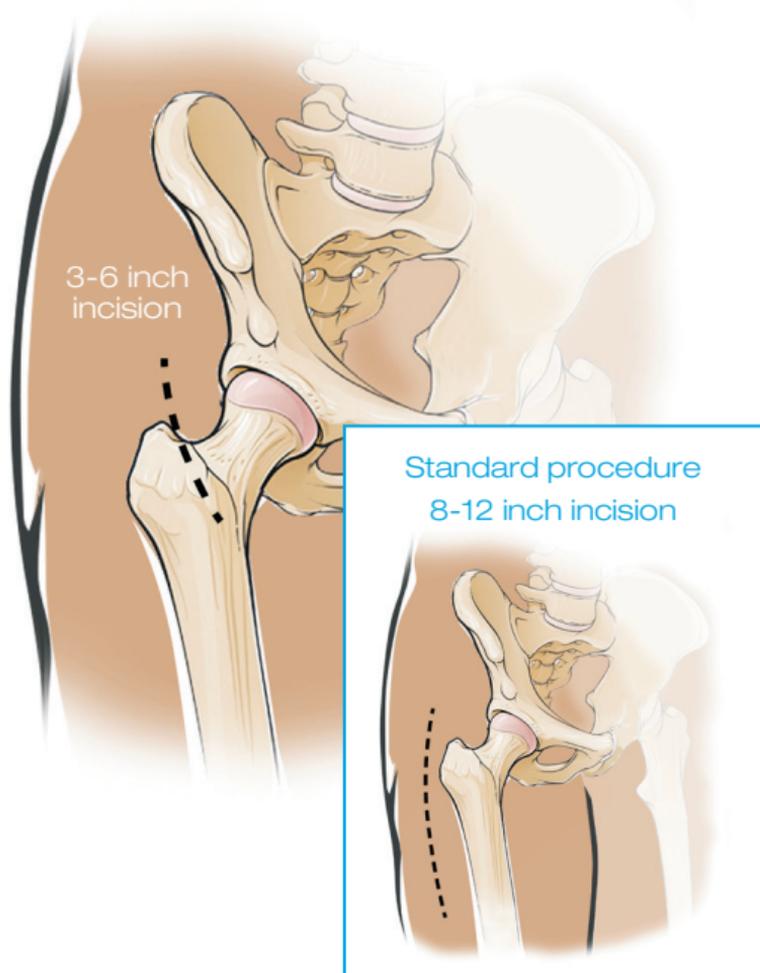


Zimmer MIS Anterior Supine Hip Procedure

Traditional surgery involves an 8-12 inch incision on the side or back of your leg. The Anterior Supine procedure uses a 3-6 inch incision on the front of your leg. This allows your surgeon to have an optimized view of your hip joint during surgery.

This procedure also allows your surgeon to preserve the tissue that keeps your joint tight, which reduces the risk of dislocation after surgery. Dislocation is when your hip comes out of the socket.

Zimmer MIS Procedure



Benefits of the Zimmer MIS Anterior Supine Hip Procedure

While every patient's experience may differ, the Anterior Supine Hip Procedure is designed to provide a number of benefits¹:

- Accelerated recovery time and reduced pain, due to the minimal trauma to muscles, tendons and nerves
- Reduced scarring from the use of a smaller incision than with traditional total hip replacement
- More rapid stability of the hip, because the muscles are not disrupted during the procedure

In addition, because the *Zimmer* MIS Anterior Supine Hip Procedure is a muscle-sparing procedure, patients may experience reduced rehabilitation time following surgery, as compared with the 6-8 weeks of rehab that is typical with traditional hip replacement procedures.

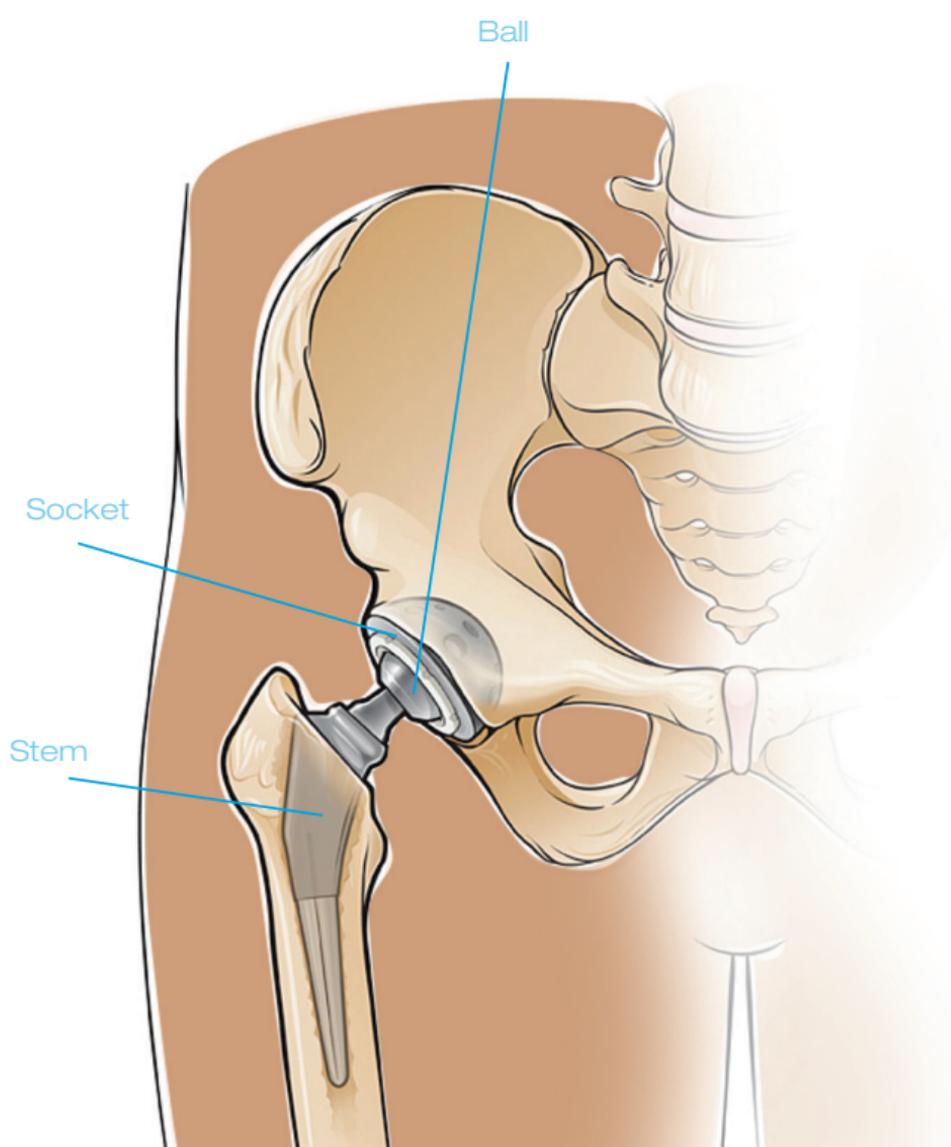
Zimmer Minimally Invasive Solutions Procedures

Perhaps you have heard the term “minimally invasive surgery.” Maybe you’ve even wondered if it could be an option for you. Only your doctor will know for sure. With Zimmer’s innovative instrumentation and joint replacements, we have pioneered a number of orthopedic procedures using smaller incisions and techniques that limit the disruption of muscles and other soft tissue. *Zimmer Minimally Invasive Solutions* (MIS) procedures are generally associated with:¹

- Smaller incisions
- Less pain
- Less risk of infection
- Shorter hospital stays
- Quicker recovery times

Risks of the Zimmer MIS Anterior Supine Hip Procedure

Every surgical procedure has risks and benefits. Your individual results will depend on your personal circumstances, and recovery takes time. How long a hip replacement will last varies from patient to patient. It depends on many factors, such as the patient's physical condition and activity level, body weight, and the surgical technique.



Ready for the next step?

If you or a loved one suffers from hip pain, you know firsthand how it can sideline you from your daily life and the activities you enjoy. Surgery can be scary, but those who are living with arthritis experience continually worsening discomfort as the joint deteriorates and the cartilage is worn away. One thing you should remember is that in the past 40 years, millions of people who have suffered from hip pain and arthritis have experienced relief through total hip replacement and restored mobility. In the United States alone, nearly 300,000 hip replacement procedures are performed each year. You should review the risks on the previous page and talk with your doctor about your unique situation.

Talk to your doctor.

When it comes to hip replacement surgery, there are a number of procedure options, and only your doctor can tell you which is right for you. How long your hip replacement will last depends on many different factors, and everyone is unique. Only your doctor can discuss this aspect of surgery with you.

We encourage you to discuss your options with your surgeon and discover whether the *Zimmer* MIS Anterior Supine Procedure is right for you or your loved one. Find out how Zimmer is dedicated to helping restore hip function and return your quality of life.

For more information, call toll free:
800-447-5633
or visit Zimmer.com

Notes

Reference: 1. Bohler G, Hipmair G. The minimal invasive surgery anterior approach with supine patient positioning: a step-wise introduction of technique. Hip Int. 2006;16(suppl 4):S48-S53.



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