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## **New hips help Dad join son in bicycle race**

*Muscle-sparing surgery at Scottsdale Healthcare Shea Medical Center speeds recovery*

SCOTTSDALE, Ariz. (March 19, 2009) – Mark Gaylor will ride in the April 4 Tour de Phoenix bicycle race sporting two new hips that were surgically replaced using a new, muscle-sparing procedure performed by Dr. Theodore Firestone at Scottsdale Healthcare Shea Medical Center.

Joint replacements are no longer reserved for senior citizens. Active boomers want great quality of life whether it's time with family, hiking, golfing or for Gaylor, competitive cycling.

Gaylor, 53, and 5-year-old son Alex will ride the 26-mile event on a tandem bicycle. They've been training since January, just 18 days after Gaylor's second hip replacement surgery. Dr. Firestone replaced Gaylor's right hip Dec. 10, 2008 and the left hip on Dec. 24, 2008.

Anterior hip replacement surgery, an innovative new method of using a smaller incision and stretching the muscles in front of the joint to get to the femoral head and hip socket instead of cutting muscles to approach from the rear, is the reason for Gaylor's speedy recovery.

"The advantages to the patient are dramatic," said Gaylor. "Less trauma to the surrounding muscles mean faster rehab, less time in the hospital, and with less cutting it just plain doesn't hurt as much."

A competitive cyclist/skater for 15 years, "I was in so much pain that I couldn't finish 18 holes of golf and the last straw was when I said no to football in the front yard with my 5-year-old son because it hurt too much to bend over and pick up the ball," said Gaylor.

Surgeons are seeing more and more baby boomers with degenerative hip disease. In fact, surgeons at the Scottsdale Healthcare Total Joint Centers are performing more total joint replacements than anywhere in Arizona.

"Our patients are up and walking within hours of their surgery," said Dr. Firestone, medical director, Total Joint Center at Scottsdale Healthcare Shea Medical Center. "I'm seeing an increase in the number of younger patients come into my office with hip problems that can only be treated by replacement surgery."

Thousands of people like Gaylor are benefiting from joint replacement surgeries in the [Total Joint Centers](#) at the Scottsdale Healthcare Medical Centers. Most patients are discharged from the hospital after two or three days and are able to go directly back home with minimal caregiver assistance.

For more information about the Total Joint Centers at Scottsdale Healthcare, call 1-866-969-8526 or visit [shc.org](http://shc.org) and click on orthopedics and neurosurgery.

Scottsdale Healthcare is the not-for-profit parent organization of the Scottsdale Healthcare Osborn Medical Center, Scottsdale Healthcare Shea Medical Center and Scottsdale Healthcare Thompson Peak Hospital, Virginia G. Piper Cancer Center, Scottsdale Clinical Research Institute, TGen Clinical Research Services at Scottsdale Healthcare, Scottsdale Healthcare Home Health Services and Scottsdale Healthcare Community Health Services, NOAH Clinics and Scottsdale Healthcare Foundation.