

#TreatmentZarooriHai, a public awareness campaign by Meril, aims to spread awareness amongst Indian citizens on specific diseases related to the heart (aortic stenosis and coronary artery disease) and large joints (hip and knee), through reliable and helpful information. The campaign #TreatmentZarooriHai intends to bridge the gap between patients, caregivers, and medical fraternity; and people can visit [www.treatmentzaroori-hai.com](http://www.treatmentzaroori-hai.com) to read and learn more on the diseases and available treatment.

Here are to explore the key features and benefits of the Bilateral Direct Anterior Approach (BDAA), highlighting its impact on the field of orthopaedics.

**Understanding DAA:** The Bilateral Direct Anterior Approach involves accessing hip joint by making small incisions on the front of both hips, allowing direct visualisation and manipulation of the joint. Unlike traditional approaches that require muscle detachment or dislocation of the hip, this technique preserves the surrounding muscles, tendons, and ligaments, leading to potentially quicker rehabilitation and enhanced joint stability.



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### Advantages of DAA:

**1. Faster Recovery:** By avoiding significant muscle trauma, patients who undergo BDAA, often experience a quicker recovery compared to other surgical approaches. Early mobilisation and reduced pain contribute to faster return to daily activities, resulting in improved patient satisfaction.

**2. Reduced Postoperative Pain:** The Bilateral Direct Anterior Approach minimises soft tissue trauma, potentially leading to less postoperative pain. Studies have shown that patients undergoing this approach require fewer pain medications and have reported reduced discomfort during the recovery period.



# Treatment Zaroori Hai

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## DAA: A groundbreaking technique for hip replacement

In the realm of orthopaedic surgery, the Bilateral Direct Anterior Approach, a procedure which gained popularity due to its potential for faster recovery, reduced pain, and improved patient outcomes, has emerged

### 3. Improved Range of Motion:

Preserving the muscular structures surrounding hip joint allows for improved range of motion in the early postoperative period. Patients often experience less hip stiffness and find it easier to engage in activities such as walking, climbing stairs, and sitting.

### Benefits of Direct Anterior Approach (DAA):

- Faster Recovery
- Reduced Postoperative Pain
- Improved Range of Motion
- Lower Risk of Dislocation

**4. Lower Risk of Dislocation:** BDAA provides increased stability to the hip joint as key muscles and ligaments remain intact. This reduced risk of dislocation is particularly beneficial for active individuals or patients who have had previous hip surgeries.

### Patient's testimony:

Manish (name changed), a 46-year-old male, was referred to Dr Abhinandan Punit at NH Mazumdar Shaw Medical Center, Bangalore, due to chronic hip joint pain that had persisted for almost four years. Despite previously consulting renowned orthopaedic doctors in Tamil Nadu, he was diagnosed with stage 4 AVN (Avascular Necrosis) of the femur head, resulting in bone death. It was determined that he required bilateral hip replacement surgery.

Seeking minimally invasive surgical options and a faster recovery with fewer complications, Manish consulted Dr Punit, an expert in the field. Dr Punit specialises in a minimally invasive technique called Direct Anterior Hip Replacement surgery, utilising a specialised traction device known as Pursuit.

After a thorough evaluation and meticulous planning, Dr Punit performed simultaneous bilateral hip replacement surgery on Manish using this advanced technology at the Narayan Orthopaedic, Spine, and Trauma Centre. This groundbreaking procedure was the first-of-its-kind in Bangalore and this region of India. The operation was a success and Manish was discharged from the hospital in less than a week. Remarkably, he was able to walk home without experiencing any hip pain.

**Improved quality of life:** While the Bilateral Direct Anterior Approach offers numerous advantages, it is essential to consider individual patient factors such as anatomy and surgeon expertise, to determine the most suitable surgical approach. BDAA has revolutionised hip replacement surgery by combining the benefits of minimally invasive techniques with improved patient outcomes. By preserving the integrity of surrounding muscles and ligaments, this approach enables faster recovery, reduced pain, improved range of motion, and enhanced joint stability.

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