Treatment worth the travel
Anterior Hip Replacement & Sports Medicine
If you’ve sustained an injury, if you’re sidelined from your favorite activity, or if you simply want to walk without pain, you deserve care from specialists with the highest level of training and experience and who use the latest techniques and technology.

The Bone & Joint Center offers comprehensive surgical and nonsurgical orthopedic care, including anterior approach hip replacement. This center of orthopedic excellence is nationally recognized by performance athletes and patients who research advanced procedures for treatment...

*Treatment worth the travel.*
Accurate and thorough diagnosis leads to more effective surgical and non-surgical treatment options.

The goal of minimally invasive surgery is less pain and faster recovery for improved patient mobility and lifestyle.

New Spine and Orthopedic unit of Holland Hospital is dedicated to post-operative care for joint replacement.

Our rehabilitation team works closely with our physicians and physician assistants to ensure the best possible outcomes.

“My first doctor just told me that I was too young to have hip problems. Well, even though I am only 49, I had a lot of pain ... I had the anterior surgery, and I was out of the hospital the next day and in physical therapy the first week. I took very few pain meds. It’s been wonderful. Honestly, it was the best thing I ever did in my whole life.”

Lori L. – Grand Haven
Anterior Approach Total Hip Replacement

Anterior approach hip replacement is a minimally invasive surgical option that offers less pain and faster recovery. The anterior approach allows a smaller incision, often 3" as opposed to 7" or 8", with real-time imaging for greater precision in component placement. By entering from the front of the hip, the specially trained surgeon performs the operation without disturbing the muscles or tendons, while still supporting the hip joint. Patients can walk and bear weight sooner than with traditional hip surgery and can often return to activities with fewer restrictions. Benefits include:

- **Smaller incision** and scar, with **less pain**
- **Quicker recovery** and **shorter hospital stay**
- **More precise placement** of the components, leading to **increased longevity** of the prosthesis and accurate leg length
- No detachment of muscles from pelvis or femur, with **decreased risk** of hip dislocation

“The anterior approach to replacing the hip joint, while not ideal for everyone, offers **remarkable results,**” Dr. Johnson says. “Smaller incision, less tissue damage, and computer-aided positions all contribute to greater post-op stability. Many patients are able to return to activities not enjoyed for years, and do so in weeks, not months.”
Outcomes Exceeding National Averages

<table>
<thead>
<tr>
<th></th>
<th>Dr. Johnson - Anterior Approach Total Hip Replacement</th>
<th>National Average - Traditional Approach Hip Replacement</th>
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</thead>
<tbody>
<tr>
<td>Rate of Hip Dislocation</td>
<td>2-5%</td>
<td>2-5%</td>
</tr>
<tr>
<td>PE/DVT (blood clot issues)</td>
<td>&lt; 1%</td>
<td>11-15%</td>
</tr>
<tr>
<td>Transfusion Rate</td>
<td>5%</td>
<td>5%</td>
</tr>
<tr>
<td>Length of Hospital Stay</td>
<td>2.19 Days</td>
<td>1.21 Days</td>
</tr>
<tr>
<td>Discharge to Home</td>
<td>96.1%</td>
<td>75%</td>
</tr>
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Source: Marshall Steele Database

Bilateral Replacements - Credited with bringing anterior approach hip replacement to West Michigan, Dr. Johnson has performed more than 1,000 procedures, including one of the first bilateral hip replacements in the same surgical session.

The hana® table at Holland Hospital allows hyperextension and rotation of the hip for femoral component positioning not possible with conventional tables. The carbon fiber hana® table also allows uninterrupted perioperative imaging for precise fit and leg length refinement.

Custom Fit Knee Replacement - With outcomes of high patient satisfaction, a custom-fit knee replacement offers a return to normal activities for those with an arthritic knee. Prior to surgery, precise measurements of your knee are taken and then converted to a 3-D image to provide additional precision in fitting you with a custom knee replacement.

Revision Surgery - You may need a revision surgery if your original replacement has worn from age, is failing due to an injury, or is causing other health issues. We will thoroughly review your situation to determine whether a revision surgery may be right for you.
Dr. Courtney Erickson-Adams is specially trained to provide non-operative treatment options for sports-related and active lifestyle injuries including concussions, fracture management and overuse or misuse conditions.

Dr. Erickson-Adams was a member of the fellowship program at Michigan State University (NCAA division I), one of the first primary care sports medicine fellowships in the country, and started with some of the founding leaders of sports medicine.

Working as a team physician, Dr. Erickson-Adams was able to provide sideline and game coverage for a wide range of sports, including: women’s soccer, volleyball, softball and basketball, and men’s football, basketball, hockey, wrestling, and track and field.

As one of the only ImPACT-certified physicians in West Michigan, Dr. Erickson-Adams is the regional authority on concussions. ImPACT, or Immediate Post-Concussion Assessment and Cognitive Testing, is the most widely used and scientifically validated concussion evaluation system.
ImPACT-trained physicians are provided with state-of-the-art neurocognitive assessment tools and services, enabling more accurate decisions to safely return individuals to activity.

**A Comprehensive Approach**

In addition to a team approach to specialized treatment, the Bone & Joint Center offers an in-house rehabilitation facility for added convenience.
Derick M. Johnson, DO  Orthopedic Surgeon

Undergraduate Degree:
Biology — Calvin College, Grand Rapids, MI
Medical Degree:
Des Moines University, Des Moines, IA
Internship/Residency:
Orthopedics —
St. Vincent Mercy Medical Center, Toledo, OH

Fellowship:
Anderson Orthopedic Institute —
Joint Replacement, Alexandria, VA
Memberships:
American Association of Hip & Knee Surgeons
American Academy of Orthopedic Surgeons
American Osteopathic Academy of Orthopedics
American Osteopathic Association
Michigan Orthopaedic Society

Courtney Erickson-Adams, MD  Primary Care Sports Medicine

Undergraduate Degree:
Biology and Chemistry —
Central Michigan University, Mt. Pleasant, MI
Medical Degree:
Rush University Medical Center, Chicago, IL
Internship/Residency:
Family Medicine —
MacNeal Family Medicine, Berwyn, IL

Fellowship:
Primary Care Sports Medicine,
Michigan State University, East Lansing, MI
Memberships:
American Medical Society for Sports Medicine,
American College of Sports Medicine,
American Academy of Family Physicians

Adam N. Stillo, PA-C

Undergraduate Degree:
Biomedical Science —
Marquette University, Milwaukee, WI
Master’s Degree:
Physician Assistant Studies —
Marquette University, Milwaukee, WI
Experience:
Previously worked for the Orthopedic Institute of Wisconsin as an Orthopedic Physician Assistant in Spinal Surgery. He has worked alongside Dr. Derick Johnson for the past 4 years.

Healthgrades™, the leading source for consumer health care information, has awarded Holland Hospital with its top spine and orthopedic quality awards, validating our commitment to exceptional care.

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