



Hip & Knee Replacements

With Orthopaedic Surgeon
Dr. John Parker

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Over 815,000 hip and knee replacements are performed in The United States annually and if you are one of the many Americans in need of this surgical procedure here are a few tips on what you can do to ensure the best possible outcome.

According to Orthopaedic surgeon Dr. John Parker, with Fullerton Orthopaedic Surgery Medical Group, who has performed thousands of hip and knee replacements, “the materials used to replace a hip or knee have gone through some major changes in the last twenty years, now manufactures are devising better metals with longer lasting surfaces.”

The most important thing that a person can do to ensure positive results and the quickest recovery time is to locate a doctor who specializes in hip and knee replacement and has a lot of experience. “Specialists in a busy surgical group could do hundreds of replacements every year, including minimally invasive and computer assisted surgeries. The more they do the better it will be for you,” says Dr. Parker

So where does one begin the search for their doctor?.

Dr. Parker offers the American Association of Hip and Knee Surgeons (aahks.org) as one of the best places to find a list of experienced specialists in any area of the United States. To be a member of the AAHKS doctors must receive recommendations from other members and meet strict requirements that include the number of hip and knee surgeries they perform annually. “This is an invaluable resource for hip and knee specialists,” says Dr. Parker.

The next step is to choose one or two doctors from the list in your area and contact their offices. Also check to make sure that your insurance carrier is listed with the medical office and then schedule an appointment.

Always ask your surgeon how many hip and knee replacements he or she has performed. From there it is really a matter of personal preference after meeting with the surgeons. “Any specialists who

performs hundreds of surgeries per year will be qualified to handle even the most challenging hip or knee replacement,”

They should also perform the surgeries in an ultra clean environment,” says Dr. Parker. “We are fortunate to have sterile rooms specially designed for hip and knee replacement surgeries at our hospitals and we wear what looks like space suits to keep the germs down to an absolute minimum.”

Dr. Parker tells us that although the surgeries themselves can become almost routine, it’s the patients who keep the work interesting. “Seeing my patients’ entire outlook turn around when they get their life and mobility back is still the best feeling I’ve ever experienced. That’s what I look forward to every day.”

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