THE CENTER FOR ADOLESCENT AND YOUNG ADULT HIP DISORDERS
THE CENTER FOR ADOLESCENT AND YOUNG ADULT HIP DISORDERS, ONE OF THE MOST RAPIDLY ADVANCING SUBSPECIALTIES IN ORTHOPEDICS, PROVIDES COMPREHENSIVE, SPECIALIZED CARE.

Headed by John Clohisy, MD, and Perry Schoenecker, MD, in collaboration with our pediatric orthopedic service, physiatrists, adult reconstructive surgeons, physical therapists and a dedicated staff of nurses and medical assistants—form an extremely experienced team with the expertise to accurately diagnose and deliver the full spectrum of both non-surgical and surgical solutions. Treatment strategies cover a spectrum including physical therapy, hip arthroscopy, arthroscopic impingement procedures, hip osteotomies, resurfacing and replacement for advanced disease.
MEET OUR PHYSICIANS

FROM LEFT TO RIGHT:
Ryan Nunley, M.D. - Orthopaedic Surgeon specializing in hip arthroscopy, hip preservation procedures and hip replacement/resurfacing
Heidi Prather, D.O. - Physiatrist and Sports Medicine Physician specializing in hip evaluation and treatment
Mark Halstead, M.D. - Pediatrician and Sports Medicine Physician specializing in hip evaluation and treatment
John Clohisy, M.D. - Orthopaedic Surgeon specializing in hip arthroscopy, hip preservation procedures, hip replacement/resurfacing
Perry Schoenecker, M.D. - Pediatric Orthopaedic Surgeon specializing in hip preservation procedures
Devyani Hunt, M.D. - Physiatrist and Sports Medicine Physician specializing in hip evaluation and treatment
Robert Barrack, M.D. - Orthopaedic Surgeon specializing in hip replacement/resurfacing
J. Eric Gordon, M.D. - Pediatric Orthopaedic Surgeon specializing in hip preservation procedures

NOT PICTURED: James Keene, M.D. - Orthopaedic Surgeon specializing in hip replacement/resurfacing
A highlight of Mike DiSalvo’s athletic career occurred in 2008 when he traveled to Germany with his Quincy University soccer team to compete against semi-pro teams. He captained his team to victory in two out of three matches.

The international wins came when Mike was playing as a red-shirt senior after taking a year off to undergo and recover from sophisticated hip surgery. A lifelong soccer player, Mike’s saga began in the weight room. “I felt a ‘pop’ in my left hip,” he says, “but didn’t think much of it.” Nonetheless, the “pop” sent him to his trainers who recommended physical therapy for a hip flexor strain.

When physical therapy produced no improvement, Mike visited an orthopaedic surgeon and an MRI revealed a torn labrum and something more. The surgeon referred Mike to John Clohisy, MD, director of the Center for Adolescent and Young Adult Hip Disorders at Washington University School of Medicine.

Clohisy diagnosed Mike’s underlying hip problem as femoroacetabular impingement. This disorder can lead to irreversible arthritis and early hip replacement. It could have ended Mike’s soccer career and ruled out that trip to Germany. Mike chose surgery to repair the labral tear and correct the bone impingement. Clohisy performed the procedure in December 2006, shaving the head of the femur, trimming the rim of the socket, and repairing the torn labrum. Though Mike had little pain, he says, “Rehab was tough. I like to push, and my instructions were no weight bearing exercises for four weeks.” Now Mike says his hip “feels better than ever.” In fact, so good that it’s clear by comparison that his right hip is also affected and will someday need similar treatment.

“Dr. Clohisy preserved my hip joint for a lifetime, and I couldn’t imagine better treatment.”

But for now, Mike plays soccer for fun, plans to run his first marathon and studies to become a financial advisor. “Dr. Clohisy preserved my hip joint for a lifetime, and I couldn’t imagine better treatment,” he says.
When she was 12 years old, Stephanie Beason knew that she wanted a career as an athletic coach. She played on four teams as a fourth grader and tried to ignore the occasional sharp pain in her left hip. The discomfort got worse until eventually she couldn’t even sit in one position for 30 minutes, much less play basketball or softball.

“Had I not had that first surgery in particular, I wouldn’t have been able to play ball.”

Evaluated at St. Louis Shriners Hospital, Stephanie was diagnosed by pediatric orthopaedic surgeon Perry Schoenecker, MD, with a shallow hip socket, called acetabular dysplasia. The condition affects women five to one over men and commonly leads to total hip replacement to treat progressive pain and joint degeneration.

Instead, Schoenecker performed a Bernese osteotomy. More conservative than a hip replacement, this procedure preserves original bone and cartilage. Stephanie’s hip socket was surgically repositioned to correct the shallow hip socket deformity.

Stephanie did extremely well and was back competing in sports in eight months. Unfortunately, acetabular dysplasia often appears bilaterally, and during her junior year of college, Stephanie was stricken again. This time, in addition to repositioning the hip socket, Schoenecker shaved the head of her right femur to eliminate a protrusion that was causing it to “catch.” Advances in the technique and in rehabilitation tactics made the second recovery even speedier, Stephanie says.

The surgery didn’t interfere with Stephanie’s college education or the athletic scholarships that funded it, and now, at 25, she is a full-time assistant basketball coach at Kansas’ Highland Community College. Her goal is to coach in a four-year program and to successfully guide young women’s athletic careers. “Had I not had that first surgery in particular, I wouldn’t have been able to play ball in high school or college, and I wouldn’t have had my college paid for. I owe Dr. Schoenecker a lot,” she says.
Physicians: For inquiries regarding The Center for Adolescent and Young Adult Hip Disorders, please call 314.747.2566 (M–F: 7:30am–4pm).

Patients: To schedule an appointment, please call 314.747.2500 (M–F: 8am–4:30pm).

The Center for Adolescent and Young Hip Disorders has offices at the Center for Advanced Medicine and St. Louis Children’s Hospital in the Central West End, St. Louis Shriners Hospital for Children in Frontenac and the Chesterfield Outpatient Orthopedic Center. We have direct access to the expertise and medical technology of Washington University Medical Center.