



“I believe that I am in the best hands possible.”

— Matt Gaines

Professional horse trainer Matt Gaines has won more than \$2 million since having Minimally Invasive Hip Surgery with Dr. William Hefley.

Matt Gaines of Weatherford Texas makes his living on a horse. After living for years with chronic hip pain resulting from an automobile accident he decided to see Dr. William Hefley, Jr.

“At the time of my surgery, the pain had gotten so bad that I could no longer sleep, perform the daily duties of my job or even play catch with the kids,” said Gaines.

Though he lives on the other side of Ft. Worth, Gaines chose to come to Arkansas to see Hefley for the Minimally Invasive Hip Replacement Procedure to get him back in the saddle.

“Being a horse trainer, I needed a procedure that would allow me the opportunity to get back in the saddle as quickly as possible and the minimally invasive procedure gave me that. I was up walking the day after surgery and riding in eight weeks,” he said.

Since his surgery Gaines has reached lifetime winnings in excess of \$5 million and most importantly can play with his kids.

“The surgery has given me my life back. It has allowed me to continue my career as a horse trainer as well as participating in activities with my family. Without the surgery I don’t believe I could do either.”



Dr. William Hefley (left)



Dr. Hefley specializes in:

- Minimally Invasive Surgery
- Total knee replacement
- Total hip replacement
- Knee arthroscopy/ACL reconstruction
- Shoulder arthroscopy

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ONE HIP DOCTOR

Well known Little Rock Orthopedic surgeon Dr. William Hefley, Jr. has been doing hip and knee replacement surgery for almost 20 years but revolutionized orthopedic practice in Arkansas when he became the first surgeon in the state and one of the first in the nation to perform the MIS Minimally Invasive 2-Incision Hip Replacement Procedure.

“I traveled to Chicago and New Jersey to spend time with Dr. Richard Berger and Dr. Mark Hartzband. I witnessed the benefits of the Minimally Invasive Technique firsthand. The patients had less pain and increased function in the early stages after hip replacement surgery and I knew then I wanted that for my patients in Arkansas,” Hefley said.

Dr Hefley brought the Minimally Invasive 2-Incision Hip Replacement Procedure to Arkansas and joined an international group of surgeons working to refine this technique and teach it to other surgeons.

The Minimally Invasive 2-Incision Hip Replacement Procedure involves making two small incisions, typically about 1 ½ to 2 inches in length, one in the front and one in the back of the hip. The socket is inserted through the anterior incision and the ball through the posterior incision without cutting any muscles or tendons.

Dr. Hefley performed the Minimally Invasive 2-Incision Hip Replacement Procedure on selected hip replacement patients through early 2005. “The Minimally Invasive 2-Incision Hip Replacement Procedure required x-ray image guidance in the operating room and was utilized on a subset of patients that meet certain criteria with regard to the quality of bone and other anatomical considerations.” For patients that did not meet those criteria during that time period Hefley utilized another technique, the MIS Mini-Incision Hip Replacement Procedure.

Dr. Hefley’s results with the Minimally Invasive 2-Incision Hip Replacement Procedure inspired Pulitzer-nominated writer Mike Masterson to write *One Hip Book*, chronicling his experiences with Minimally Invasive Hip Replacement performed by Dr. Hefley. Masterson’s book is available through Amazon.com.

Over time, Dr Hefley’s hip replacement technique has continued to evolve. Since early 2005 he has

used the MIS Minimally Invasive Anterolateral Hip Replacement Procedure for virtually all patients. This newer technique utilizes a small, single anterior incision that still has the benefit of not cutting the muscle or tendon. “With this newer technique we have developed a means to place both the ball and the socket through the anterior incision, still without cutting any muscle or tendon. I wanted a technique that was available to everybody, and the Minimally Invasive Anterolateral Hip Replacement Procedure is now my technique of choice. It has the benefits of the 2-incision technique, is available to all patients and does not require the use of x-ray guidance in the operating room.”

While the incisions are smaller and cosmetically appealing, the biggest difference with the minimally invasive procedure is the muscles and tendons are generally not cut. This means the muscles and tendons don’t have to be repaired and protected during the healing period. It’s mainly the healing of cut muscles and tendons that can make recovery from traditional hip replacement surgery so long and painful. Failure of the muscle and tendon to heal after traditional hip replacement can also result in a painful limp and other complications. Potential benefits of the Minimally Invasive Procedure include less tissue trauma, a faster recovery, less pain, smaller scars, less blood loss, earlier mobility and a quicker return to work and daily activities. Typically patients are able to walk on their hip replacement earlier, often immediately after surgery.

Dr Hefley is now entering his seventh year doing Minimally Invasive hip replacement surgery. To date, he has done over 1800 Minimally Invasive Hip Replacement Procedures.

“The best part of my job is the difference I can make in giving people their life back,” he said.