

30-Year-Old Man Undergoes Double Hip Replacement

Excellent Outcome Returns Him to an Active Mountain Lifestyle

Travis Sanches lives in a small town in the Sierra Nevada mountains with his wife, who he has known since childhood, and their two young sons. He worked for the Tuolumne County Sheriff's Department and started suffering lower back and leg pain when wearing his 8-pound utility belt. His pain continued to worsen to the point he could barely walk. Travis was shocked to learn his only option was to have both his hips replaced at the age of 30.

An MRI scan showed Travis had avascular necrosis in his hips, which is a

condition where bone tissue dies due to lack of blood supply. "When I found out I needed two total hip replacements at such a young age, I thought my active lifestyle would be over," he recalled. "I first met with a doctor that gave me no confidence, but then a neighbor referred me to Dr. Dearborn, and that's when everything began to fall into place."

John Dearborn, MD, is a renowned surgeon who has been performing hip and knee replacements at the Institute for Joint Restoration and Research (IJRR) at Washington Hospital for over 25 years.

Travis heard about him from a neighbor who had his hip replaced by Dr. Dearborn and highly recommended him. "After five minutes with Dr. Dearborn, I knew he was my surgeon. Plus, seeing people in the waiting room who came from around the world to have their joints replaced by him instills a lot of confidence!" Travis added.

Travis had his first hip replacement surgery in June 2021, followed by the other hip in October of that year. Each time, he was discharged from the Hospital five to six hours after arriving. "When I woke up after surgery, the nurses were there to make sure I was comfortable. Next, they had me sitting up, walking the halls on crutches, and then I was discharged home to start my physical therapy. Everyone at Washington Hospital is unbelievably caring and made those stressful surgeries as easy as possible," he recalled.

Travis' rehabilitation after both surgeries was very fast, which he attributes to two things. First, he is significantly younger than most hip replacement patients. Second, he credits Dr. Dearborn's minimally invasive surgical techniques which require less cutting of surrounding muscle. "I have referred several people to Dr. Dearborn for their joint replacements, and they all reported back that they had excellent experiences like I did. Normally I wouldn't trust someone enough to

recommend them, but I am very confident Dr. Dearborn is the best joint replacement surgeon."

Travis is pain-free and enjoys hiking in the mountains around his home, snowmobiling in the plentiful recent snow, and playing with his rowdy 3- and 5-year-old boys. He laughs, "I was that fearless kid growing up and everyone would tell me, 'You're gonna get yours someday.' Well, now I got min and I'm loving it."


Travis calls his wife Juliana, "The support center of our family." As children, their families' properties backed up to each other. "Even before this, when I was down with shoulder and leg surgeries, she worked double time to keep everything together and she never once complained."

When asked what Travis' advice is to the community about getting a needed joint replacement surgery he said, "Absolutely do it, and when you do, go see Dr. Dearborn. He is not only a fine doctor, but he's also a great human. I can tell he doesn't do his job for the money; he does it to make people's lives better."


To contact Dr. Dearborn's office, call the IJRR at Washington Hospital at 510.818.7200 or get more information online at www.whhs.com/IJRR.




Hip replacement procedures returned Travis Sanches to the active life he and his family enjoy.



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