

The benefits of minimally invasive treatments at Vascular and Interventional Specialists of America

Minimally invasive treatments like hip embolization:

- Are safer than surgery
- Have a high success rate (up to 90% of patients reported major improvement)
- Require no general anesthesia
- Require no hospital stay or lengthy recovery
- No stitches or surgical scarring
- Are less expensive than surgery

Our state-of-the-art outpatient treatment center offers a more comfortable and convenient patient-friendly experience, and our doctors have extensive experience in diagnosing and treating musculoskeletal conditions.

VASCULAR & INTERVENTIONAL SPECIALISTS OF AMERICA

VISA interventional radiologists are among the most highly trained practicing medicine today. With a combined total of 40+ years of experience in interventional procedures, our physicians utilize medical imaging to expertly guide procedures using tiny catheters and miniature instruments from within the body's vascular system.

In addition to vascular disease, we offer minimally invasive treatments for primary and metastatic liver cancer, vertebral compression fractures, uterine fibroids, chronic hemorrhoids, enlarged prostate (BPH) and knee osteoarthritis. For more information, please visit VisaVascular.com or call us at 205-905-8411.

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Hip Embolization

A safe and minimally invasive treatment for osteoarthritis of the hip

VISA
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A way to treat hip pain when other approaches have failed

Hip osteoarthritis is a degenerative disease, affecting up to 1 in 4 people by the age of 85. The inflammation caused by this condition can destroy cartilage in the hip, causing significant and chronic pain.

In hip osteoarthritis, the joint can become highly vascularized—developing excess, enlarged blood vessels that increase the flow of pro-inflammatory mediators into the joint, leading to inflammation and pain.

Treatment options

Anti-inflammatory medications, steroid injections and physical therapy have been prescribed to reduce pain and inflammation of symptomatic hip osteoarthritis. Unfortunately, such conservative treatment methods take a long time, if they work at all.

When symptoms persist, hip replacement surgery is sometimes recommended. Unfortunately, surgery comes with risks and requires a long and possibly painful recovery period with extensive physical therapy. Additionally, many patients are ineligible for surgery.

Another option, called hip embolization, is performed by the doctors at Vascular & Interventional Specialists of America. This minimally invasive procedure offers long-lasting relief of the pain and stiffness of hip osteoarthritis without surgery or the lengthy recovery.



The hip embolization procedure

Vascular and Interventional Specialists of America is one of the first practices of its kind to offer hip embolization in the United States. It is performed by an interventional radiologist who uses a special catheter (guided by x-ray imaging) to “embolize” or partially block blood flow through the abnormal vessels within the hip joint. This reduces inflammation and delivers significant pain relief.

Patients who have had hip embolization report significant pain reduction shortly after the procedures, with sustained improvements in pain scores at both three and six months. In addition, patients have reported improved joint function and quality of life, with substantial reductions in stiffness and physical dysfunction.[1]

Is hip embolization right for me?

You may be a candidate for this procedure if you have:

- **Persistent pain and stiffness** that has not responded to conservative treatment such as physical therapy, medication or steroid injections
- You are seeking a **less invasive alternative to surgery**
- You are **unable to have hip replacement surgery**
- You wish to **avoid long-term medication use**

We are happy to work with other doctors and members of your care team to make sure that you receive all the information needed to make an informed decision about your treatment.

1. According to research presented February 28 at the 2025 European Congress of Radiology (ECR) meeting in Vienna

To schedule a consultation with one of our doctors, please call VISA at 205-905-8411.