



## Linnea Welton, MD

Hip Preservation and Sports Surgery Specialist

### Medical School

University of Colorado – School of Medicine

### Residency

University of Michigan

### Fellowships

University of Colorado

### Certification

Board Certified by the American Board of Orthopedic Surgery

K. Linnea Welton, MD, is an orthopedic surgeon with specialty training in sports medicine and hip preservation. Her training and expertise make her unique to the Pacific Northwest Region. She is one of few surgeons who can perform complex and minimally invasive hip and knee surgeries. By using minimally invasive techniques, Dr. Welton can reduce injury to surrounding tissues and improve the recovery process.

She is the first surgeon to bring hip arthroscopy without a groin post to Washington State. Eliminating this post leads to fewer complications. She was integral in the research of this technique, which has now become the gold standard of hip arthroscopy around the United States. She has also researched and adopted the latest surgical techniques in ACL reconstruction, meniscal and cartilage damage in the knee. She continues to strive toward improving the standards in the field of hip and knee surgery.

She has worked as a team physician for the Women's OL Reign and is a consulting physician for surrounding university and high school athletic programs. She herself is an active long-distance triathlete, backcountry skier, mountaineer, and mother of two awesome kids.

### MultiCare Orthopedics & Sports Medicine - Auburn

121 N Division St., Suite 310  
Auburn, WA 98001  
Phone: 253-792-6555  
Fax: 253-864-2904

### MultiCare Orthopedics & Sports Medicine - Covington

17700 SE 272<sup>nd</sup> St., Suite 105  
Covington, WA 98042  
Phone: 253-792-6555  
Fax: 253-864-2904

### Conditions treated include:

- Hip:
  - Hip labral tears
  - Hip impingement (femoroacetabular impingement)
  - Hip dysplasia
  - Gluteus medius tears
  - Proximal hamstring tears
- Knee
  - ACL rupture
  - Meniscal tears
  - Cartilage defects
  - Patellar instability
  - Multi-ligament knee trauma

### How to refer patients to Dr. Welton and her Team:

EPIC users may refer to: **MC ORTHO AND SPORTS MED**

- Outside referrals, fax to 253-864-2904 or call 253-792-6555
- Most insurance plans accepted. Prior authorization needed for TriCare, United Healthcare NPN and US Family Plans.

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## FAQ - Hip Preservation

### What Is Hip Preservation and How can it Help?

A hip preservation specialist provides comprehensive diagnosis and treatment for pre-arthritic hip pain. This includes joint-related conditions like labral tears, hip impingement, and hip dysplasia. The field also includes management of gluteus medius tendon tears, proximal hamstring tears, and piriformis syndrome. Some of the treatment modalities used are:

- Physical therapy
- Medications
- Injections, such as platelet rich plasma (PRP)
- Minimally invasive surgery, such as hip arthroscopy
- Realignment surgery

The goals of hip preservation are to:

- Significantly reduce hip pain
- Facilitate participation in activities and sports without restriction
- Increase range of motion and stability
- Maintain and protect the current hip joint
- Prevent or reduce the need for future hip replacement

### What is initial management of most hip pain BEFORE a patient should see a hip preservation specialist?

- Standard hip X-rays to evaluate for arthritis
- At least 6 weeks of formal physical therapy and NSAIDs
- Potentially a corticosteroid injection into the injured or painful area

### What is the hip labrum and how do we treat labral tears?

- The labrum is fibrocartilagenous ring around the hip socket that helps to lubricate and stabilize the joint.
- Many labral tears are incidentally found on MRI and not all labral tears are painful.
- For a labral tear that is painful, non-surgical management with PT, NSAIDs and injections are sometimes effective. If these treatment fail, then hip arthroscopy to repair the labrum can be an option.
- If labral tears are found in hips with arthritis/cartilage degeneration, then the labral injury is considered part of the arthritic process and is treated the same as hip arthritis.

### Who Is a good candidate?

Hip preservation may be appropriate for patients between the ages of 15 and 50 who want to maintain an active lifestyle. During the initial appointment, our hip preservation team will work with the patient to understand the source of pain and determine if they are a good candidate for this treatment approach.

### Who will the patient see when they visit the Hip Preservation Program?

Dr. Welton has developed a very specialized team that includes an athletic trainer and physician assistant. A patient on initial consultation will either see Dr. Welton or her trained Physician Assistant depending on the patient's previous workup, management, clinical characteristics, and working diagnoses.