



Dr Stuart MacKenzie



Direct Anterior Total Hip Replacement

BENEFITS OF A DIRECT ANTERIOR APPROACH TO HIP SURGERY

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Direct Anterior Total Hip Replacement

Recently the direct anterior approach for total hip replacement has become increasingly popular. It is not a new approach but improvements in technique and instrumentation have made it a more feasible way to perform a hip replacement. There may be some advantages for the patient to doing a hip replacement this way.

The direct anterior approach utilises a plane between muscles to access the hip joint. This avoids cutting any muscles or detaching them from the bone. The traditional approaches for hip replacement cut and detach muscles to access the hip joint.

The potential advantages of not cutting or detaching any muscles include:

- Faster recovery from surgery
- Lower risk of dislocation

Because the large muscles around the hip aren't cut and don't need to be repaired there is no risk of this repair failing which can lead to significant limp. Many patients also find the scar on the anterior groin to be more cosmetically acceptable than a scar on the buttock.

A recently published Australian study of direct anterior hip replacement found:

- Shorter length of stay
- Lower return to theatre rates
- Improved functional scores at 12 months

The direct anterior approach can be used with almost any prosthesis so there is no concern about the problems which can come with unproven new prostheses.

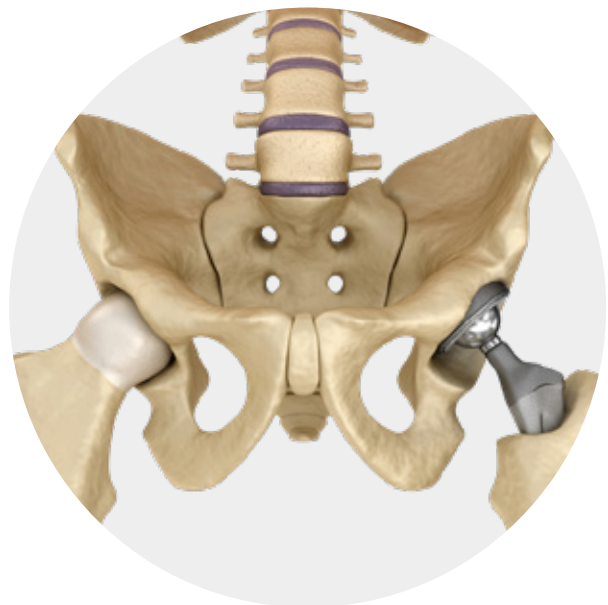
Previously patients undergoing total hip replacements had a period of 3 months of "hip precautions" which could be quite functionally limiting. Patients undergoing direct anterior approach for hip replacement don't need to have limitations placed on them after surgery.

The direct anterior approach is suitable for doing hip replacement in most patients but there are some cases when it can't be done.

Direct anterior hip replacement is more technically challenging than traditional approaches to hip replacement, so it is important to choose a surgeon who is experienced with direct anterior hip replacement.

Dr Mackenzie is an experienced direct anterior hip replacement surgeon and runs courses teaching other surgeons how to perform direct anterior hip replacement as well as visiting and mentoring surgeons learning the technique.

Direct anterior hip replacement is able to be used in conjunction with robotic assisted surgery in appropriate patients.



FIND OUT HOW A DIRECT ANTERIOR HIP REPLACEMENT CAN BENEFIT YOU

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