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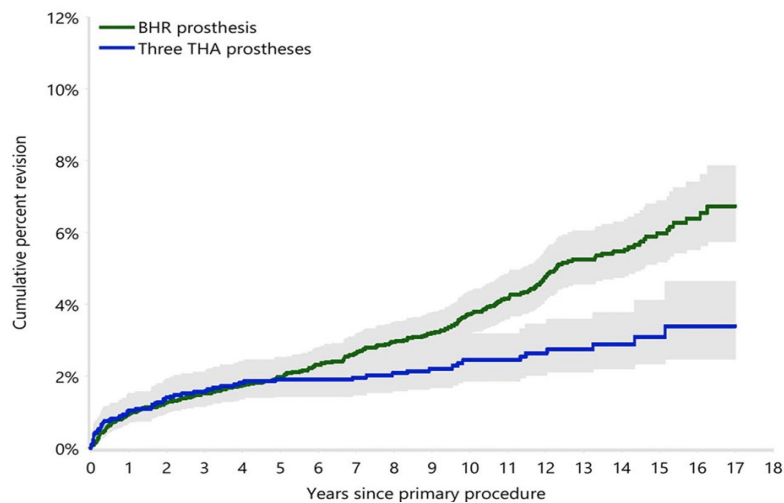
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Birmingham Hip Resurfacing replacement vs Conventional hip replacement

There are over 7500 hips replaced in Australia done in patients under the age of 55.

The next question is whether he has a Birmingham hip resurfacing replacement or a conventional total hip replacement. There are pros and cons with both.

Firstly the most recent literature shows that a well done standard total hip replacement with tried and tested implants has about a 4 to 5% revision rate at 20 years. The equivalent on a hip resurfacing replacement is about 8% at 20 years.



The range of motion of a conventional total hip replacement is slightly better than a hip resurfacing. A hip resurfacing is a metal-on-metal joint and about 1% of patients react to the metal ions.

A hip resurfacing has a longer recovery due to the fact that the surgery is done through the posterior approach and more muscles stripped in order to preserve the femoral head. A conventional total hip can be done through the minimally invasive anterior approach which affords a quicker short-term recovery without the need for hip precautions.

If a resurfacing fails, it needs conversion to a full total hip replacement. If a conventional hip fails then the revision may be simpler depending on what the issue is.

The main advantage of a hip resurfacing replacement is that it allows high impact type sports and running. One can return to playing soccer, touch football and road running with a hip resurfacing.

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