



## 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 hip resurfacing replacement or a conventional total hip replacement. There are pros and cons with both.

Firstly the most recent literature from the Australian joint Registry (2024) advises that the revision rate in a male under the age of 55 from a hip resurfacing replacement is 7.9% at 20 years and from a conventional total hip replacement is 9.7% 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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