

## **397 – Hip Surgery and Rehabilitation**

With Steven Bruce and Jonathan Hutt

- **Introduction to Hip Surgery:**
  - Overview of the current trends in hip surgery, highlighting a mix of preservation and replacement practices.
  - Discussion of an increase in hip replacements, particularly due to advancements in technology that make replacements more predictable and longer-lasting.
- **Patients and Longevity of Implants:**
  - Explanation of the age spectrum for hip replacement patients, from teenagers to elderly adults.
  - Modern implants can last up to 25 years or more, a significant improvement from the 10-15 years estimated in the past.
  - Debate over whether younger, more active patients actually benefit from replacements in terms of longevity and quality of life.
- **Causes and Timing of Hip Replacement:**
  - Factors affecting hip degeneration: professional sports, missed childhood hip issues, lifestyle factors, and certain medical conditions.
  - Discussion on the benefits of early surgery in younger patients versus the traditional approach of waiting until the condition is debilitating.
- **Advances in Replacement Techniques and Material:**
  - Description of new bearing surfaces like ceramic, which reduce wear, improving the lifespan of implants.
  - Explanation of common reasons for revision surgeries, including dislocation, fractures, and bone weakening over time.
- **Challenges with Waiting Times and Access to Care:**
  - Varied waiting times for hip replacement surgery across the UK.
  - The impact of delayed surgeries on outcomes, patient function, and mental health.

- **Indications for Referrals:**
  - Emphasis on timely referrals for patients with significant pain or mobility issues, stressing the role of GPs and allied healthcare professionals in facilitating this process.
  - Discussion of common referral bottlenecks and the influence of non-orthopaedic healthcare providers in identifying hip issues.
- **Prevention and Non-Surgical Interventions:**
  - Recommendations for early imaging and physiotherapy for suspected hip conditions in young patients.
  - Importance of differentiating between types of hip pain (e.g., groin strains versus structural issues).
- **Types of Hip Conditions and Associated Surgical Interventions:**
  - Explanation of impingement (common in athletic individuals) versus instability (often seen in hypermobile individuals, particularly in dancers and gymnasts).
  - Treatment approaches for each, including the option of osteotomy for more complex cases.
- **Rehabilitation and Post-Surgery Considerations:**
  - Advice on managing patient expectations, post-surgery rehabilitation, and benefits of different surgical approaches (e.g., anterior vs posterior).
- **Imagery Suggestions:**
  - Illustrations of hip joint anatomy and implant types could enhance understanding.
  - Diagrams showing pre- and post-surgery hip alignment, particularly for conditions like dysplasia and impingement.
  - Flowcharts for referral pathways and decision-making for surgery timing based on pain and functionality.
- **Focus on Communication and Consent:**
  - Importance of clear, compassionate communication to ensure patients understand treatment options, benefits, and risks.
  - Emphasis on recognising patient concerns and encouraging questions, fostering a collaborative approach to decision-making.

- **Equality, Diversity, and Inclusion:**
  - Recognition of diverse patient needs based on age, activity level, and cultural factors.
  - Ensuring that all patients receive equitable advice and consideration regarding their treatment options.