

SUMMARY

Hip Resurfacing Arthroplasty in Coxarthrosis

Total hip arthroplasty surgery has seen a resurgence of total hip resurfacing because of the advancement of designs, bearing surface and instrumentation. Metal-on-metal total hip resurfacing is an alternative to conventional total hip arthroplasty with several reports describing the benefits of this procedure in young patients. The purpose of this study is to present the outcomes of hip resurfacing arthroplasty in young active patients.

A series of 31 consecutive, non-selected primary total hip resurfacings were performed to between 2005 and 2009 in a single center. Preroperative range of motion, Harris Hip Score, body mass index and diagnosis of the patients were noted.

The mean follow up was 24 ± 9.41 (12-51) months and the mean age of the patients was 45.65 ± 10.85 (22-69). Mean HHS and range of motion improved significantly post-operatively. There were no significant change in the results between diagnosis. Three complications occurred after the surgery. These complications were pseudotumor, femoral neck fracture and groin pain. Two revision procedures were performed for pseudotumor and neck fracture.

Hip resurfacing arthroplasty is one of the emerging new technologies in hip arthroplasty surgery. Many controversies exist with regard to questionable superior clinical efficacy in contrast to standard THA, increased complications in particular with femoral neck fractures, differences in gait and function as a result of patient selection and expectations, and safety of ion release and the newly reported pseudotumors. Hip resurfacing arthroplasty is a technically demanding operation. The learning curve and technical accuracy may be enhanced with further refinement and improvement of navigation systems. Proper patient selection, education, and precise surgical technique are critical to avoid complications and to achieve durability of hip resurfacing arthroplasty. It also is critical to continue to monitor patients carefully with regard to the long-term efficacy and safety of this newer technology.