Trends In Activity A Year After Hip Resurfacing Arthroplasty

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• Hip Resurfacing Arthroplasty (HRA)
• ‘An attractive treatment option’ for the younger active population
• Controversy over associated complications
• Less likely to take part in higher impact activity
• Data analysis on existing RCT [1]
• Tailored Rehabilitation vs. Standard Practice following HRA
• 80 male patients
• Follow up 6, 16 and 52 weeks
• UCLA Activity Index

• Mean pre-operative and postoperative UCLA 5.4 (SD;2.1) and 7.2 (SD;1.7)

• Most likely to achieve ‘active’ and ‘very active’ scores

• Baseline activity correlates with activity at 1 year (p=0.014)
• 96% returned to high activity (UCLA ≥ 7)
• 54% with low activity increased to high
• 64% achieved their goal after 1 year
  ▪ Retained proprioceptors
  ▪ Reduced dislocation
  ▪ Near normal ROM