Sports After Hip Resurfacing Arthroplasty

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Background: No information is available concerning patients’ sports activity after hip resurfacing arthroplasty.

Hypothesis: Patients treated by hip resurfacing arthroplasty will be able to achieve a high level of sports activity.

Study Design: Case series; Level of evidence, 4.

Methods: We surveyed 112 patients by postal questionnaire to determine their sporting activities at a mean of 23.5 (range, 9–40) months after hip resurfacing surgery. Data were also analyzed separately for older and younger patients and women and men, respectively.

Results: Of 112 patients, 110 participated in an average of 4.6 sport disciplines after surgery, compared with 105 patients pre-operatively engaged in an average of 4.8 disciplines. About 26% performed sports 4 times per week or more? almost 60% for longer than 60 min at each session. A high proportion of our patients were still engaged in downhill skiing (51%) and in high-impact disciplines such as tennis (12%) or contact sports (22%). More than 50% of the patients commenced sports within the first 3 months after surgery. During activities, 70% were completely pain-free. The group of older patients (mean age, 60.2 years) participated in more different disciplines with a higher weekly frequency and longer session length than younger patients (mean age, 46.4 years).

Conclusion: The present study reports for the first time on the detailed sports activity and activity extent after hip resurfacing arthroplasty. Our patients could return to a high level of sports participation after surgery. Age-related differences were found that have not yet been published. Nevertheless, further follow-up is necessary to assess the influence of high-level activity on loosening and revision rates after hip resurfacing arthroplasty.

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