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Posterior versus Lateral Approach in Osteoarthritis Patients, undergoing Primary Total Hip Arthroplasty. The Effect on Patient Reported Outcome Measures, Physical performance, Pain, Gait and Muscle function

Primary total hip arthroplasty (THA) is one of the most frequent and successful joint replacement operations performed amongst osteoarthritis patients. In DK 95% of all THAs are inserted by posterior approach (PA) and 5% are inserted via lateral approach (LA), which is in contrast to Sweden and Norway, where LA account for 40% and 75% respectively. Each approach has advantaged and disadvantaged correlated to the surgical technique. The present literature gives no consensus of which approach is superior. LA is claimed to have a higher rate of hip pain, limping and reduces hip abductor muscle strength, whereas PA is associated with a higher rate of dislocation, respectively because of the different patterns of damaged to the structures around the hip joint. With this prospective randomized study we want to investigate the major drawbacks of LA compared to PA in order to contribute with valid knowledge on the subject, enabling a more qualified choice of approach in the future. We will include 80 otherwise healthy osteoarthritis patients and evaluate the outcome of surgery in 3 sub-studies by simple physical test, questionnaires, and a complete 3D gait-analysis. Follow-up will be done pre-surgery and at 3, 6 and 12 month post-surgery.

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