

ORTHOPAEDICS, ARTHROPLASTY AND ARTHROSCOPY

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Hip resurfacing in a karate instructor

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Hip arthroplasty in the younger and more active patient remains a challenge for the orthopedic community. The excellent results achieved in an elderly and inactive population are generally not replicated in the younger group. In addition, the expectations of a younger arthritic population have changed over the past decade such that modern prosthetic design must address both the low demand requirements of an elderly patient and the work and leisure aspirations of the younger patient. Case Report: A 41-year-old male martial arts instructor presented with a constant and localized pain in the right hip and groin. Following the examination, the patient was diagnosed with right hip impingement and osteoarthritis (OA). Due to his age and active lifestyle, the patient elected to undergo Birmingham Hip Resurfacing (BHR) rather than Total Hip Arthroplasty (THA). Our patient's post-operative rehabilitation protocol included immediate walking with crutches with partial to full weight-bearing with good evolution. He returned to practicing Karate just 3 months after the surgery. At the last follow-up, 6 year after surgery, the patient kept practicing Karate and working as a Karate instructor and his Harris hip score was 100. BHR is currently being used worldwide as a means to delay THA in the younger patient with OA of the hip or as an option for the more active individual. BHR is chosen in active individuals because a higher level of activity post THA is typically not advised and can be damaging to the implant. In addition, the patient's own femur is spared due to the surgical method..

Biography

José Machado is a resident of Traumatology and Orthopaedics with a vast interest in lower limb pathology, including hip, knee, foot and ankle pathology

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