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# Am I Too Old for Joint Replacement?

There is no upper age limit for joint replacement surgery. The decision is based on medical fitness, not a number on a birth certificate. Patients in their 80s and even early 90s can achieve outstanding outcomes when they are well-prepared, medically optimised, and supported by an experienced surgical and anaesthetic team. The right question is not “how old?” but “how fit?”

## THE TECHNIQUE

### 01 Medical Fitness Assessment

Cardiovascular, respiratory, and renal function reviewed pre-operatively.

### 02 Frailty Screening

Frailty index guides prehabilitation and postoperative planning.

### 03 Prehabilitation

Targeted exercise and nutrition improve surgical readiness.

### 04 Expected Gain

Pain relief and mobility restoration improve quality of life at any age.

## AT A GLANCE

### AGE

**Not a Limit**

### KEY

**Medical Fitness**

### PREHAB

**Highly Beneficial**

### OUTCOME

**Excellent at All Ages**

“Age is never the barrier.

Fitness is the question.”

— Dr Chien-Wen Liew

## FREQUENTLY ASKED QUESTIONS

### Q. Is anaesthetic risk higher in older patients?

Anaesthetic risk relates to fitness, not age alone. Spinal anaesthesia reduces systemic load and is well-tolerated in older, fit patients.

### Q. Will recovery take longer for older patients?

Recovery may be slightly slower, but most older patients achieve excellent functional results with appropriate physiotherapy support.

### Q. What is prehabilitation?

A structured programme of exercise, nutrition, and medical optimisation in the weeks before surgery — shown to improve both recovery speed and outcomes.

## ABOUT THE SURGEON

Dr Chien-Wen Liew exclusively performs total hip replacements via the direct anterior approach and total knee replacements via kinematic alignment only. He utilises patient-specific technology for both procedures, and practices from Orthopaedics 360 — within the Eastwood Private Hospital Precinct.

Dr Chien-Wen Liew

Hip and Knee Replacement Surgeon

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