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# Direct Anterior Approach Hip Replacement

The direct anterior approach (DAA) to total hip replacement accesses the hip joint from the front, working between muscle planes rather than cutting through them. This muscle-sparing technique eliminates the traditional dislocation restrictions, enables same-day walking, and produces a faster early recovery. Dr Liew performs all total hip replacements exclusively via this approach, supported by a specialised carbon fibre table that enables comfortable positioning and superior performance for X-ray evaluation during surgery.

## THE TECHNIQUE

### 01 Muscle-Sparing Access

Anterior approach works between natural muscle planes — no cutting.

### 02 Specialised Equipment

Carbon fibre table enables comfortable positioning and superior X-ray performance.

### 03 No Restrictions Post-Op

Traditional hip precautions are not required with the anterior approach.

### 04 Same-Day Walking

Most patients walk within hours of surgery and go home the same day.

## AT A GLANCE

### ACCESS

Anterior (Front)

### MUSCLES

None Cut

### TABLE

Carbon Fibre

### WALKING

Same Day

"No muscles cut.

Walking the same day."

— Dr Chien-Wen Liew

## FREQUENTLY ASKED QUESTIONS

### Q. How is the anterior approach different from posterior?

The posterior approach cuts through the short external rotator muscles. The anterior approach works between tissue planes, leaving all muscles intact.

### Q. Do I still have restrictions after anterior hip replacement?

No. The muscle-sparing nature of the DAA eliminates traditional dislocation precautions, allowing a more normal early recovery.

### Q. Does the approach affect long-term outcomes?

Long-term outcomes at 2 years are comparable across approaches. The advantage of DAA is in the early recovery phase and elimination of restrictions.

## 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

Orthopaedics 360 · Eastwood Private Hospital, Adelaide SA

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