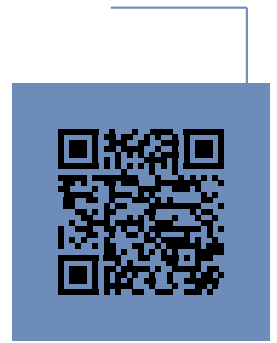


Hip Arthritis

Hip arthritis is a progressive condition in which the cartilage lining the hip joint gradually wears away, leading to bone-on-bone contact, pain, and loss of function. It affects people of all ages, though it is most common in those over 60. For younger patients, the timing of surgical intervention requires careful consideration. Non-operative management is always trialled first, and surgery is offered when symptoms significantly limit quality of life and conservative measures have been exhausted.



SCAN TO READ MORE

01 What is Hip Arthritis

Cartilage wear leading to bone-on-bone contact, pain, and stiffness.

02 Non-Operative Management

Physiotherapy, analgesia, weight management, and injections trialled first.

03 Young Patients

Special consideration for patients under 60; timing is important.

04 Surgical Threshold

Surgery offered when conservative management no longer provides relief.

TYPE

Osteoarthritis

NON-OP

Always First

AGE

All Ages Possible

SURGERY

Last Resort

“Conservative measures first.
Surgery when the time is right.”

— Dr Chien-Wen Liew

FREQUENTLY ASKED QUESTIONS

Q. At what stage should I see a surgeon?

When hip pain is affecting your daily life, sleep, or quality of activity despite conservative management, a consultation with Dr Liew is appropriate.

Q. Can young people get hip arthritis?

Yes. Secondary causes such as previous hip dysplasia, osteonecrosis, or prior injury can cause arthritis in people in their 30s, 40s, or 50s.

Q. Is surgery the only long-term solution?

For end-stage hip arthritis, total hip replacement is the most evidence-based and durable solution. Non-surgical options manage symptoms but do not reverse structural damage.

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.