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# What is a Hip Approach?

The 'approach' describes how a surgeon gains access to the hip joint for replacement. Different approaches traverse different anatomical planes and have distinct implications for muscle preservation, recovery speed, dislocation risk, and long-term outcomes. There is no universally superior approach — the best one is the approach performed with the greatest skill and experience by the individual surgeon.

## THE TECHNIQUE

### 01 Posterior Approach

Most widely used in Australia; strong access but higher dislocation rate.

### 02 Direct Lateral Approach

Accesses hip via the outer thigh; less commonly used in modern practice.

### 03 Direct Anterior Approach

Front-of-hip access; muscle-sparing; Dr Liew's chosen technique.

### 04 SuperPATH & Others

Minimally invasive variants for selected patients and surgeon experience.

## AT A GLANCE

### POSTERIOR

Most Common AU

### ANTERIOR

Muscle-Sparing

### DR LIEW

Direct Anterior

### CHOICE

Experience Counts

"The approach is the gateway  
to a great result."

— Dr Chien-Wen Liew

## FREQUENTLY ASKED QUESTIONS

### Q. Which approach is best?

The best approach is the one your surgeon performs with the greatest expertise. Each has merits — surgeon experience is the primary variable.

### Q. Does the direct anterior approach reduce recovery time?

The muscle-sparing nature of the DAA may offer a faster initial recovery. Long-term outcomes at 2 years are comparable across all major approaches.

### Q. Why does Dr Liew use the direct anterior approach?

It preserves all hip muscles and tendons, allows same-day walking, and offers faster early recovery with equivalent long-term results.

## 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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