

# Hip & Shoulder Replacement



SCAN TO WATCH VIDEO

Hip and shoulder replacements share more in common than most patients expect. Both procedures replace damaged articular surfaces with precision-engineered prostheses, both aim to eliminate pain and restore function, and both have seen dramatic improvements in outcomes over recent decades. Understanding the similarities — and the key differences — helps put both procedures in perspective.

## THE TECHNIQUE

### 01 Shared Principles

Both replace damaged joint surfaces to eliminate pain and restore motion.

### 02 Hip: Direct Anterior

Dr Liew uses the muscle-sparing direct anterior approach exclusively.

### 03 Shoulder: Deltopectoral

The standard approach for total shoulder replacement.

### 04 Recovery Pathway

Both require structured physiotherapy for full functional recovery.

## AT A GLANCE

### HIP

Direct Anterior

### SHOULDER

Deltopectoral

### RECOVERY

Physio-Led

### OUTCOME

Pain-Free Motion

"Both joints — one goal:  
pain-free movement."

— Dr Chien-Wen Liew

## FREQUENTLY ASKED QUESTIONS

### Q. Can hip and shoulder replacements be done at the same time?

This would be unusual. Each procedure is approached separately, with timing based on individual clinical need and patient readiness.

### Q. Which surgery has a longer recovery — hip or shoulder?

Shoulder replacement typically requires longer upper limb rehabilitation. Hip replacement allows earlier weight-bearing and independent mobility.

### Q. Are the implants made of the same materials?

Both use cobalt chrome and titanium alloys. Bearing surfaces differ — hip uses ceramic on ceramic, shoulder uses metal-on-polyethylene.

## 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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