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10-year experience of a new MIS-2 incision total hip arthroplasty

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The purpose of MIS (Minimally Invasive Surgery) was to make tissue injury as little as possible during surgery enabling the patients recover quickly. Even though there have been some controversies regarding the advantages and the risks of the MIS, a great effort have been made to reduce the injury of normal tissues in the hip arthroplasty in the recent years. The author started to perform one-incision MI-THA since 2001 and two-incision MI-THA since 2003. The MIS-1 incision THA mainly decreased the size of skin incision and slightly decreased the injury of muscle, tendon, capsule and ligament. However, MIS- 2 incision THA mainly decreased the injury of muscles which is very important for early rehabilitation and better function. In the review of consecutive 225 initial cases, the mean operative time was 70 minutes (range 50 to 115 minutes). Patients could walk on crutches at 1.5 days (range 0-4 days) and used crutch for 3 weeks on average. Patients were able to walk upstairs without a support at 4 weeks. Radiographic analysis showed the mean lateral opening angle and anteversion of the acetabular components were 43.0 degree (range 35 to 49 degree) and 17.3 degree (range 11 to 25 degree) and 97% of the femoral stems in neutral alignment. Based on author's personal experience of more than 2500 cases with a new MIS-2 incision total hip arthroplasty, the surgery could be performed safely in patients with osteoarthritis, osteonecrosis, rheumatoid arthritis, ankylosing spondylitis and femoral neck fractures. The contraindication for this technique was coxarthrosis with dysplasia either in acetabulum or proximal femur. With experience, the surgery time and complications gradually decreased. This technique provided the patients much more stability and satisfaction due to the preservation of muscles surrounding the hip joint with acceptable rate of complications.

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