

Minimally Invasive Hip Surgery

If you are considering hip surgery and want a faster recovery with less pain and a smaller scar, minimally invasive hip surgery may be an ideal option. At Midlands Orthopaedic Clinic, we offer advanced surgical techniques that allow you to benefit from the same high-quality outcomes as traditional hip surgery, with fewer disruptions to your daily life.

What Is Minimally Invasive Hip Surgery?

Minimally invasive hip surgery is a modern approach to hip replacement or hip resurfacing that uses smaller incisions and less disruption to muscles and soft tissues. The procedure is designed to reduce trauma to the body while achieving the same goal as traditional surgery: replacing the damaged parts of the hip joint with artificial components.

By using specially designed instruments and refined techniques, our surgeons can access the hip joint through one or two small incisions, typically less than 10cm long. This helps minimise bleeding, reduces postoperative discomfort, and often leads to a quicker return to normal activity.

Who Is Suitable For Minimally Invasive Hip Surgery?

This type of surgery may be suitable for you if you:

- Have arthritis or joint damage requiring hip replacement
- Are active and in good general health
- Want to reduce downtime and return to activity quickly
- Prefer smaller scars and less postoperative discomfort

Your surgeon will carry out a detailed assessment, including physical examination and imaging such as X-rays or MRI scans, to determine if you are a good candidate for a minimally invasive approach.

What Happens During The Procedure?

Minimally invasive hip surgery is usually performed under spinal or general anaesthesia. A small incision is made at the front or side of the hip, depending on the technique used. Through this, the surgeon removes the damaged bone and cartilage and inserts the prosthetic components with the help of precision instruments.

Throughout the procedure, care is taken to avoid cutting through major muscles, tendons, or ligaments. This reduces trauma to the body and supports a quicker, more comfortable recovery.

The wound is closed using dissolvable stitches or skin glue, and a dressing is applied before you are moved to recovery.

Recovery And Rehabilitation

Because the surgery is less invasive, many patients are able to begin walking with support within hours of the procedure. You may be discharged within one to three days, depending on your progress.

Your recovery plan will include:

- Early physiotherapy to improve movement and strength
- Pain management and wound care advice
- Gradual return to walking, climbing stairs, and daily activities
- Tailored home exercises and outpatient physiotherapy if needed

Most patients experience a shorter recovery period compared to traditional hip surgery, with less pain and improved function within weeks.

Benefits Of Minimally Invasive Hip Surgery

- Smaller incisions and less visible scarring
- Reduced pain and muscle damage
- Shorter hospital stay and quicker return home
- Faster recovery and return to daily activities
- Lower risk of dislocation and postoperative complications

Why Choose Midlands Orthopaedic Clinic?

At Midlands Orthopaedic Clinic, we combine the latest surgical innovations with expert, compassionate care. Our surgeons are trained in minimally invasive techniques and tailor each procedure to your specific needs and anatomy.

We provide:

- Expert assessment and honest advice
- Access to modern surgical techniques and advanced implants
- Personalised treatment and rehabilitation plans
- A focus on safety, comfort, and long-term results

Get In Touch

If you're exploring your options for hip surgery and want to learn more about minimally invasive approaches, get in touch with Midlands Orthopaedic Clinic today. We're here to help you move forward with confidence and comfort.