Total Hip Replacement in People with MHE

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Overview

Some people with MHE develop early arthritis in the hip due to bone deformities near the hip joint. **In certain cases, a total hip replacement** (also called total hip arthroplasty, THA) **can be helpful to improve mobility and reduce pain.** This study followed 14 adults with MHE who had a hip replacement to better understand long-term outcomes.

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Key Findings

Surgery can improve mobility and pain.
After hip replacement, patients' hip function scores improved significantly.

Most implants lasted 10+ years

- No patients needed a full revision within 10 years.
- Two patients required a revision 19 and 20 years after surgery.

Complications are not uncommon.

- 1 in 3 patients experienced a complication.
- 3 patients needed additional surgery (due to fracture, implant wear, or dislocation).

Careful surgical planning is critical because of the unique shape of MHE hips.

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What This Means for People with MHE

Hip arthritis is common in MHE. Studies show ~90% of people with MHE have changes in the proximal femur (bones near the hip area). While not everyone needs surgery, some will develop arthritis severe enough to consider a hip replacement.

Hip replacement is a good option when needed. It can help restore movement and reduce pain, even in hips that are deformed from MHE.

Hip replacement surgery in people with MHE requires special expertise. MHE can cause unusual bone shapes, so surgeons may need to use specialized implants or techniques.

There is a risk of complications. Talk with your surgeon about risks and what steps will be taken to reduce them.

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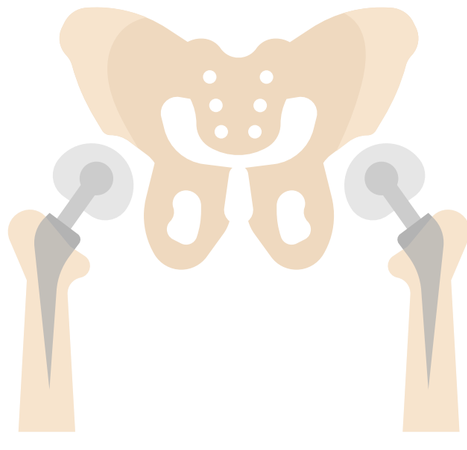
Bottom Line

For people with MHE who develop severe hip arthritis, **hip replacement can offer good long-term results,** but it is a complex surgery that requires careful planning. **Work with an experienced orthopedic surgeon who understands MHE.**

The best decisions are made with a trusted physician.
This is not intended to replace a discussion with your care team.



Labott, J. R., Heidenreich, M. J., Mills, G. L., Lewallen, D. G., Houdek, M. T., & Couch, C. G. (2024). Long-term outcome of total hip arthroplasty in patients with multiple hereditary exostosis. European Journal of Orthopaedic Surgery & Traumatology, 34(5), 1141–1145. https://doi.org/10.1007/s00590-023-03780-y

MHE Learning System

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