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Mini Review

Total Hip Arthroplasty in the Era of Personalization: From Mechanical Replacement to Biologic Integration

***Gamberini R, Cabañas E, Handley D, Howie E, Haslam E**

Department of Biochemistry, Faculty of Medicine, Romania

*** Corresponding Author:** Cabañas E, Department of Biochemistry, Faculty of Medicine, Romania
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Abstract

Total Hip Arthroplasty (THA) has long been regarded as one of the most successful surgical procedures in modern medicine, primarily focused on pain relief and restoration of joint function. However, the contemporary landscape of THA is undergoing a paradigm shift—from a purely mechanical intervention to a biologically and technologically integrated solution tailored to individual patients. This article explores a new perspective on THA, emphasizing personalization through advanced imaging, patient-specific implants, artificial intelligence-driven planning, and biologically active materials. It also examines the evolving role of enhanced recovery protocols and long-term joint preservation strategies. By reframing THA as a dynamic interaction between biomechanics, biology, and digital innovation, this paper highlights future directions that aim not only to replace the hip joint but to optimize lifelong musculoskeletal health.

Introduction

Total Hip Arthroplasty (THA) has traditionally been viewed as a standardized procedure designed to replace a diseased hip joint with prosthetic components. While its success in alleviating pain and restoring mobility is well-documented, emerging technologies and evolving patient expectations are redefining its scope. Today's patients demand not only function but also longevity, rapid recovery, and a return to high levels of activity. This shift necessitates a broader perspective that integrates precision medicine, digital tools, and biologic enhancement into THA.

Evolution of Total Hip Arthroplasty

1. Patient-Specific Surgical Planning

Modern imaging techniques, including 3D CT-based modeling, allow surgeons to create individualized surgical plans. These tools help optimize implant positioning, alignment, and sizing based on each patient's unique anatomy, reducing complications such as dislocation and implant wear.

2. Custom and Patient-Matched Implants

The emergence of patient-specific implants marks a significant departure from conventional prosthetics. These implants are designed to replicate native joint biomechanics more accurately, improving joint stability and functional outcomes.

3. Integration of Artificial Intelligence

Artificial intelligence (AI) is increasingly being used to predict surgical outcomes, assist in preoperative planning, and guide intraoperative decisions. Machine learning algorithms can analyze large datasets to recommend optimal implant types and surgical approaches tailored to individual patients

Biologic Integration and Regenerative Approaches

A novel dimension in THA is the focus on biologic integration. Surface modifications and bioactive coatings are being developed to enhance osseointegration and reduce the risk of implant loosening. Additionally, research into stem cells and growth factors suggests a future where joint

replacement may be combined with regenerative therapies to preserve surrounding bone and soft tissues.

Minimally Invasive and Robotic-Assisted Techniques

Minimally invasive surgical approaches and robotic-assisted systems are transforming THA by improving precision and reducing tissue damage. These technologies contribute to faster recovery, decreased postoperative pain, and shorter hospital stays, aligning with modern patient expectations

Challenges and Future Directions

Despite these advancements, challenges remain, including high costs, accessibility of advanced technologies, and the need for long-term outcome data. Future research should focus on integrating digital health platforms, wearable technologies, and continuous monitoring systems to track implant performance and patient recovery in real time.

Conclusion

Total Hip Arthroplasty is transitioning from a standardized surgical procedure to a highly personalized and technologically integrated intervention. By embracing innovations in imaging, artificial intelligence, biologic materials, and patient-centered care, THA is poised to achieve not only improved functional outcomes but also enhanced quality of life. The future of THA lies in its ability to merge engineering precision with biologic harmony, redefining joint replacement as a lifelong solution rather than a one-time intervention

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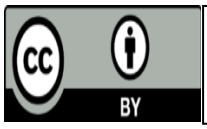

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