



Health & Wellness



Professional soccer with a hip replacement?

Quentin Lendresse, who was a star player for Rangers in the Hong Kong Premier League, was devastated by hip arthritis, and close to giving up his football career, but, thanks to Birmingham Hip Resurfacing (BHR) surgery, he is now well on his way to a full recovery, and planning to return to professional soccer.



A promising soccer career in tatters

Originally from France, Quentin Lendresse saw his destiny in soccer aged five. He left Paris at 14 to join the soccer academy AS Saint Etienne, and turned professional player at 18. He spent 2 years in Brazil, before he made his way to Hong Kong in 2015 to join Rangers as an attacking midfielder, scoring 6 goals in 15 appearances.

Quentin's professional career came to an abrupt halt in the 2016 pre-season when he was injured, and thought he had just pulled a muscle in his leg. "That sort of random injury normally takes no more than six weeks to heal," he recalls. "But to my chagrin, the pain persisted into the second month with no sign of any improvement."

Quentin was eventually diagnosed with arthritis of his hip, and had arthroscopy, a minimally invasive surgery that reshapes the bone, at home in France.

Unfortunately, his problem was already too advanced, and it did not bring any improvement; he was in increasing pain, and could not even walk properly, let alone play football. The doctors were ruling out soccer for life.

Quentin was devastated, and surfing the Internet for a hip specialist he came across orthopaedic surgeon Dr Jason Brockwell. "He turned out to be my saviour," says Quentin. "After it was clear that my arthroscopy had not been successful, we wasted no time, and I had BHR surgery in mid-October 2017. And here I am, just over six months down the track, with the pain completely gone and well on my way to a full recovery!"

Birmingham Hip Resurfacing

Dr Brockwell explains that certain sports which involve bending the hip, such as squash, tennis, badminton, soccer, martial arts, water polo and dance cause 'femoro - acetabular impingement' where the bones pinch together. Untreated, this can cause osteoarthritis (OA), or 'wear and tear' arthritis.

One effective cure is Total Hip Replacement (THR), developed in the 1960s.

"Total Hip Replacement is one of the most successful medical treatments there is," Dr Brockwell explains. "It takes away the awful pain of hip arthritis, and gives people their lives back. Function is about 95% of normal – enough for everyday life and for recreational sport, but not usually good enough for competition, and definitely not for professional sport."

An alternative treatment is a 'resurfacing' type of hip replacement. Resurfacing only replaces the damaged cartilage and the surface of the bone, restoring normal anatomy, and therefore normal function.

Modern resurfacing was developed in Birmingham, in the UK, in the 1990s, and Dr Brockwell performed the first Birmingham Hip Resurfacing (BHR) in Hong Kong in 2003.

"Many BHR patients recover 100% function – meaning they can do whatever they want, including competitive, and even professional, sport," says Dr Brockwell. "I have patients competing in international masters tournaments in athletics & field hockey; playing polo for Hong Kong; competing in open golf tournaments; and, for pleasure, heli-skiing and playing Rugby. But Quentin will be my first BHR patient returning to professional sport."

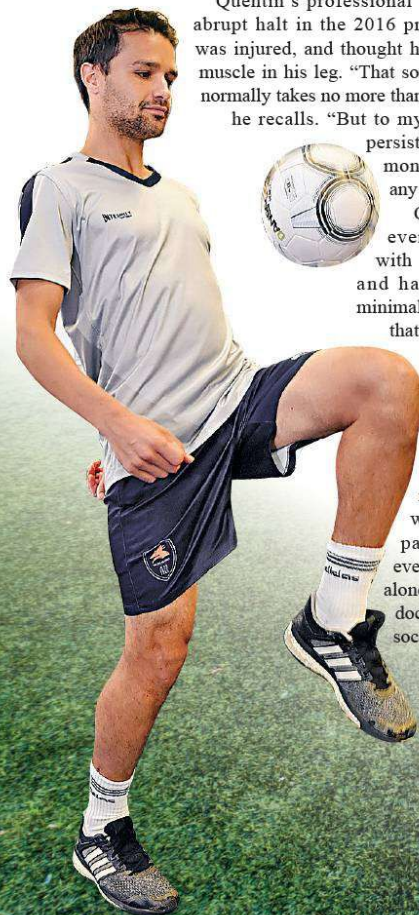
Surgical technique is critical to avoid resurfacing's particular problem of metal wear. "Precise positioning is vital, so we take X-rays during the operation to confirm the implants are in the correct positions," Dr Brockwell explains.

On track with recovery

Quentin is recovering as expected, but full recovery takes a whole season. "I'm progressing well, my pain has gone, and I have started running," Quentin says. "I still have a lot to prove to my fans, but I am biding my time with patience."

The injury has also opened up Quentin's mind and broadened his perspectives. "Previously, I was concentrating on playing football to the exclusion of anything else. But the treatment and the recovery made me reflect," he adds. "My soccer career will last at best 'til I'm 40, so I am now training as a coach, and will have this when I retire from professional football."

"I am now much more focused on and enthusiastic about life," he concludes. "And I am very grateful that the BHR has given me a second chance. Come and watch me scoring next season!"



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