



Sports Medicine Roadshow 2019

Course Convener: Mr Patrick Carton MD FRCS

Course Coordinator: Mr David Filan

UPMC Event Manager: Ms Claire Phelan



**THE
HIP & GROIN
CLINIC**

UPMC | WHITFIELD



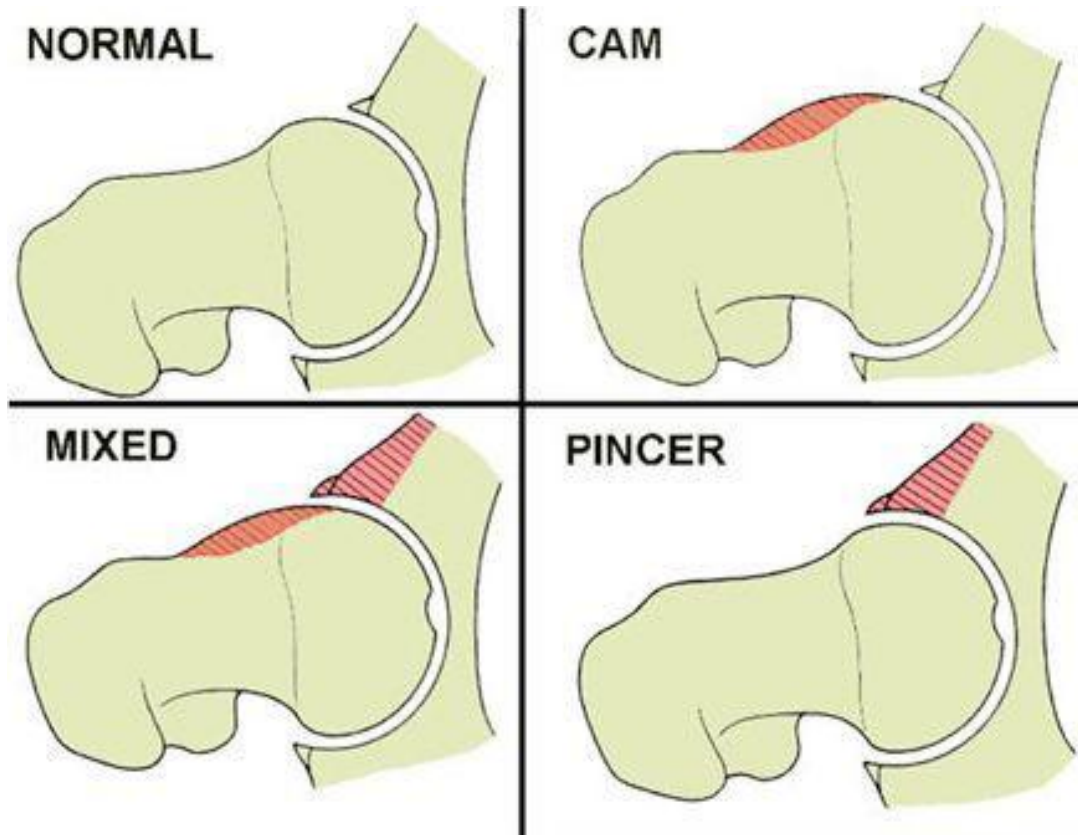
Conservative Management of Femoro-acetabular Impingement (FAI)

By Chartered Physiotherapist
Derek O'Neill

Overview



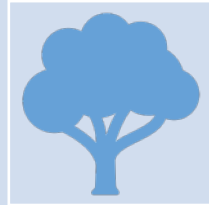
- What is FAI
- Signs and symptoms
- Clinical Assessment
- Rehabilitation
- Management



What Is FAI?

- Movement disorder of the hip that results in a triad of symptoms, clinical signs and morphological change.
- It represents abnormal contact between the femur and acetabular rim, resulting in a CAM and Pincer deformity.

What Causes FAI?



Nature Vs Nurture



The link between high intensity athletic participation during adolescence and the onset of FAI is under investigation

So what can
we do?

Routine Screening

Monitor, complete hip &
groin outcome measures

Be aware of training loads
Maturation/ Multisport



Signs and Symptoms

- Reduced hip ROM (Flex/Int R)
- Post activity stiffness++
- Catching, clicking or giving way
- Trouble sitting or standing for long period
- History of extra articular pathologies.

Clinical Assessment

- Range of Motion of hip – over coverage vs hypermobile!
- Provocative tests FADIR & FABERS
- Gait Analysis
- Pelvic tilt- anterior with poor motor control
- Muscle strength – often found to have weakness or imbalances



Diagnosis

- Symptoms
- Clinical tests
- Morphological changes confirmed by X-Ray

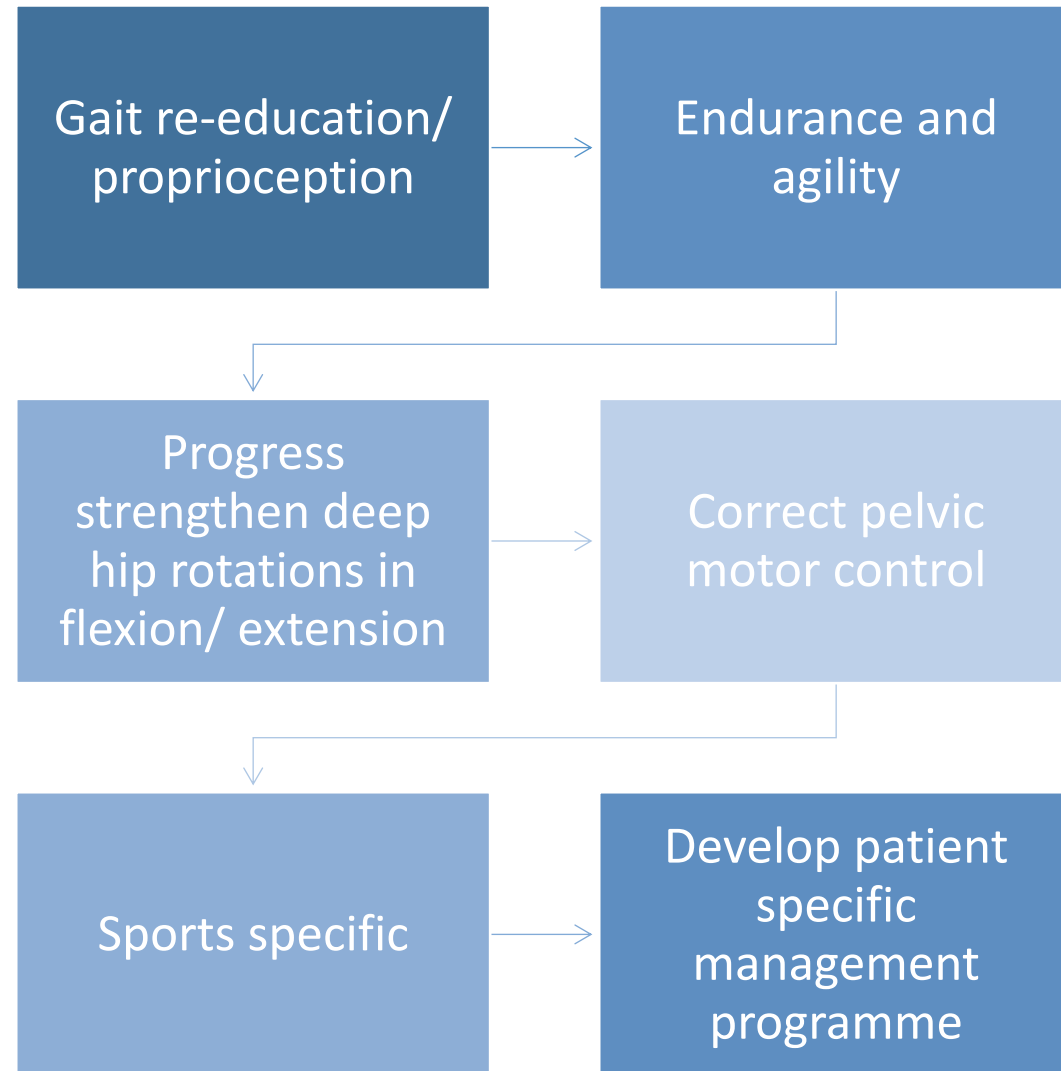


Rehabilitation

Acute Phase

- Reduce Inflammation
- Restore muscle tone and FREE range of motion
- Address weakness and imbalances- stabilisers and prime movers.
- Reduce loading and set expectation (3months)

Rehabilitation



Management



Training and load modification on/off pitch



Maintain Free ROM



Limit the amount of fast multi-directional movements.



Active non impact recovery (pool or bike)





Summary

- Limited evidence to what constitutes the most effective conservative management for FAI.
- Aim to correct biomechanical deficits ROM or weakness, reduced/ modify training loads and develop a ongoing management programme.
- Given the increase in hip injuries within the GAA, the opportunity is there for collaboration of physiotherapist involved in the treatment of FAI to undertake research and develop a validated conservative programme.



Thank
you!!



SPORTS MEDICINE ROADSHOW

Castletroy Park Hotel, Limerick

29th October 2019