



# Sports Medicine Roadshow 2019

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**THE  
HIP & GROIN  
CLINIC**

**UPMC | WHITFIELD**



# Surgical Management of Femoro-Acetabular Impingement

Sports Medicine Roadshow

River Lee Hotel, Cork

02 Nov 2019

# Mechanical Failure

- Repetitive abnormal contact between the 'ball' of the hip and the rim of the socket
- Results in extra bone forming at contact sites known as a CAM or a Pincer
- Progressive bone deformity and abnormal function
- Results in irreversible cartilage damage



## Femoro-Acetabular Impingement In Athletes

- FAI is prevalent in young athletic males
- May have significant negative consequences if untreated
  - Athletic performance
  - Progression of pathology
    - Early retirement
    - Osteoarthritis



# Hip Impingement

- History of inflexibility and tight hamstrings
- Reduction in range of hip motion
- Stiffness after activity
- Dull, progressive groin pain
  - Catching and clicking
  - Stabbing groin pain
  - Aching around the hip



# Hip Impingement

- Commonly misdiagnosed
  - Osteitis Pubis
  - Gilmore's Groin
  - Sports Hernia
  - Adductor (groin) strain



# Hip Arthroscopy

All surgery performed with  
'key-hole' techniques



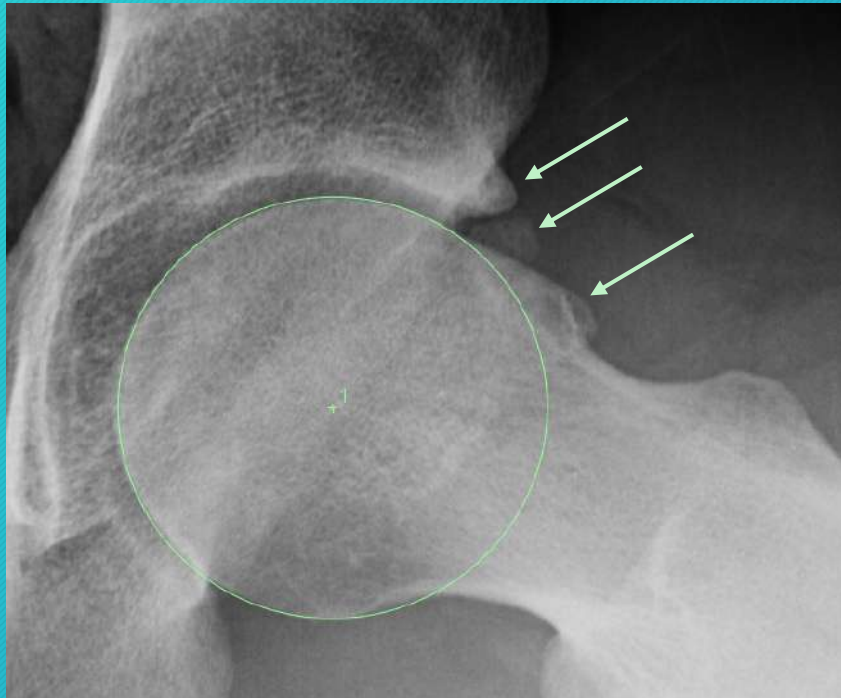
# FAI Surgical Treatment



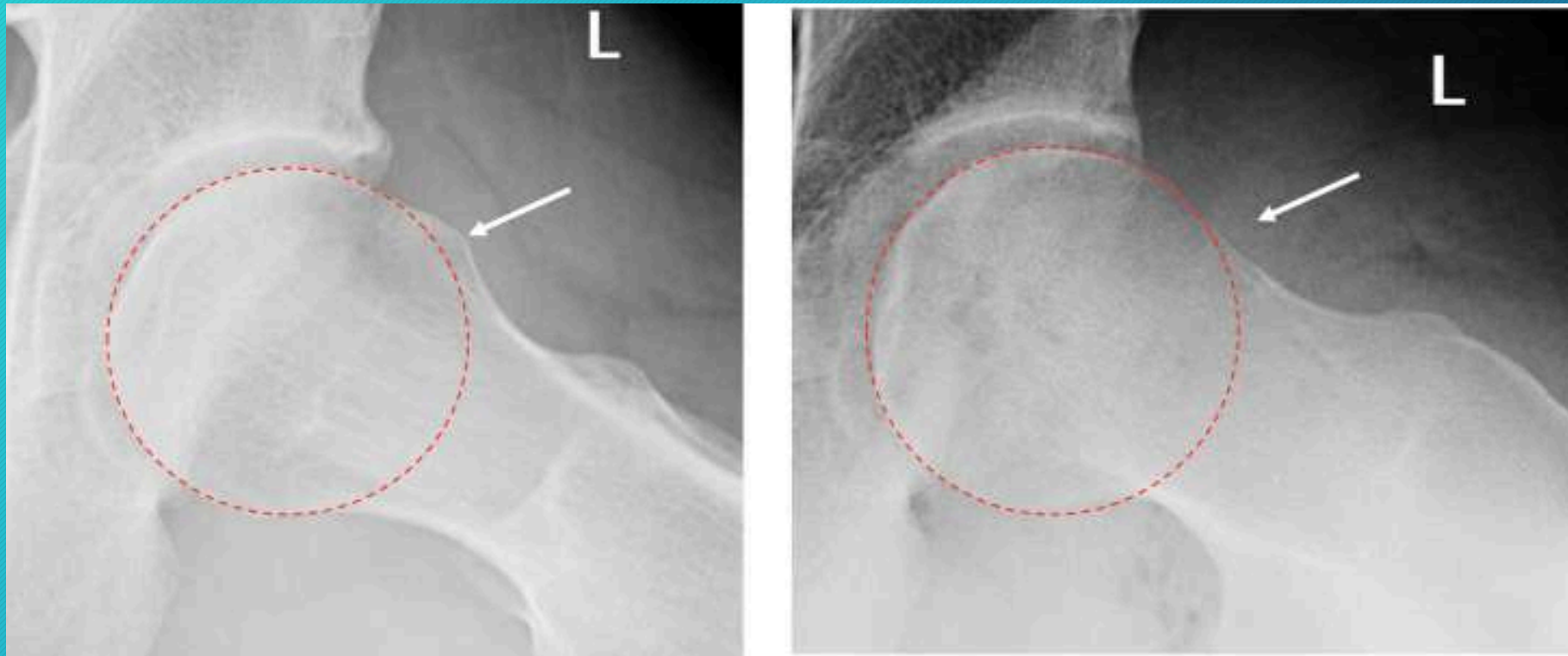
Goal is to achieve an impingement free range of motion



# Deformity Correction



# CAM Deformity Correction



Pre-op

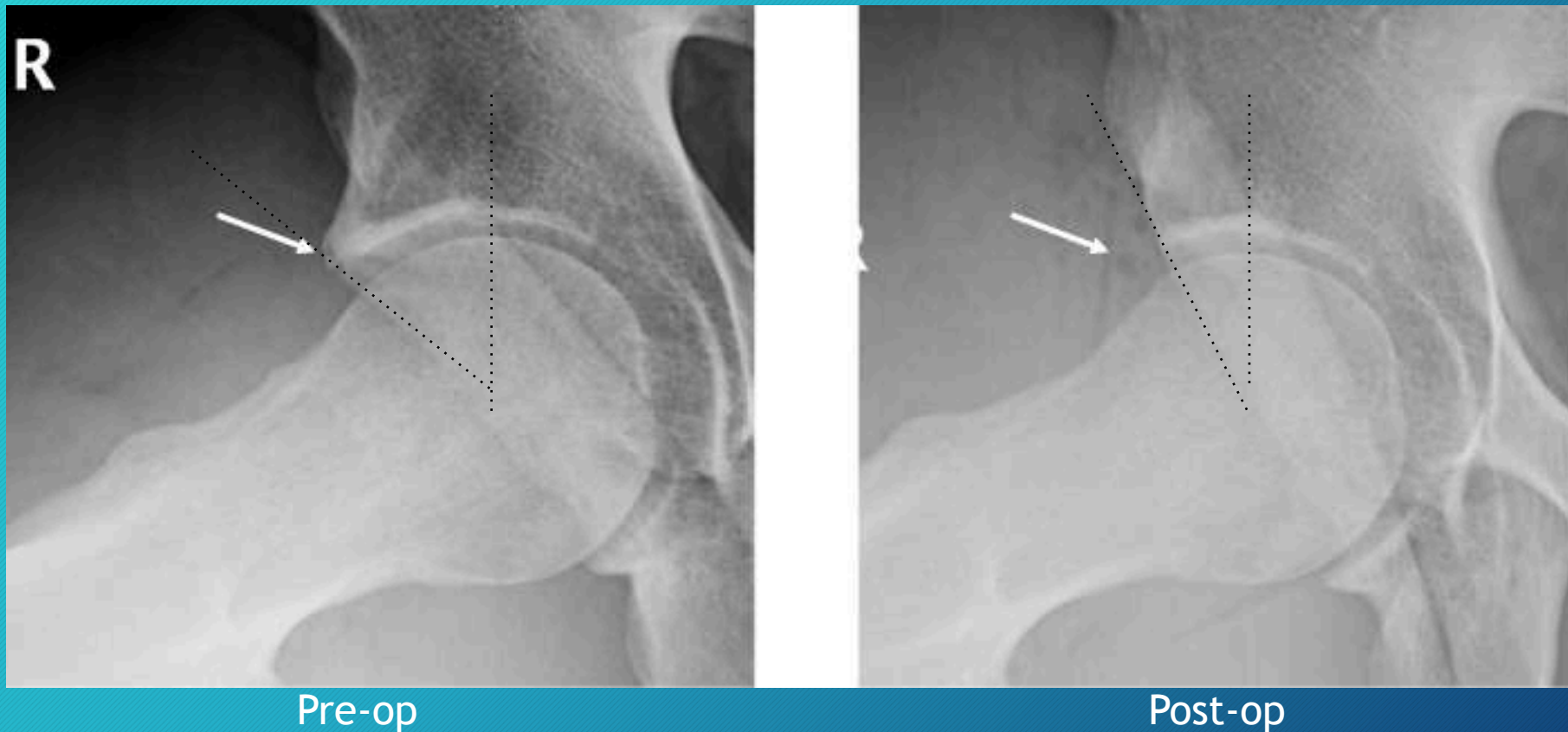
Post-op

CAM present in 72.1% Sportsmen

# CAM Resection

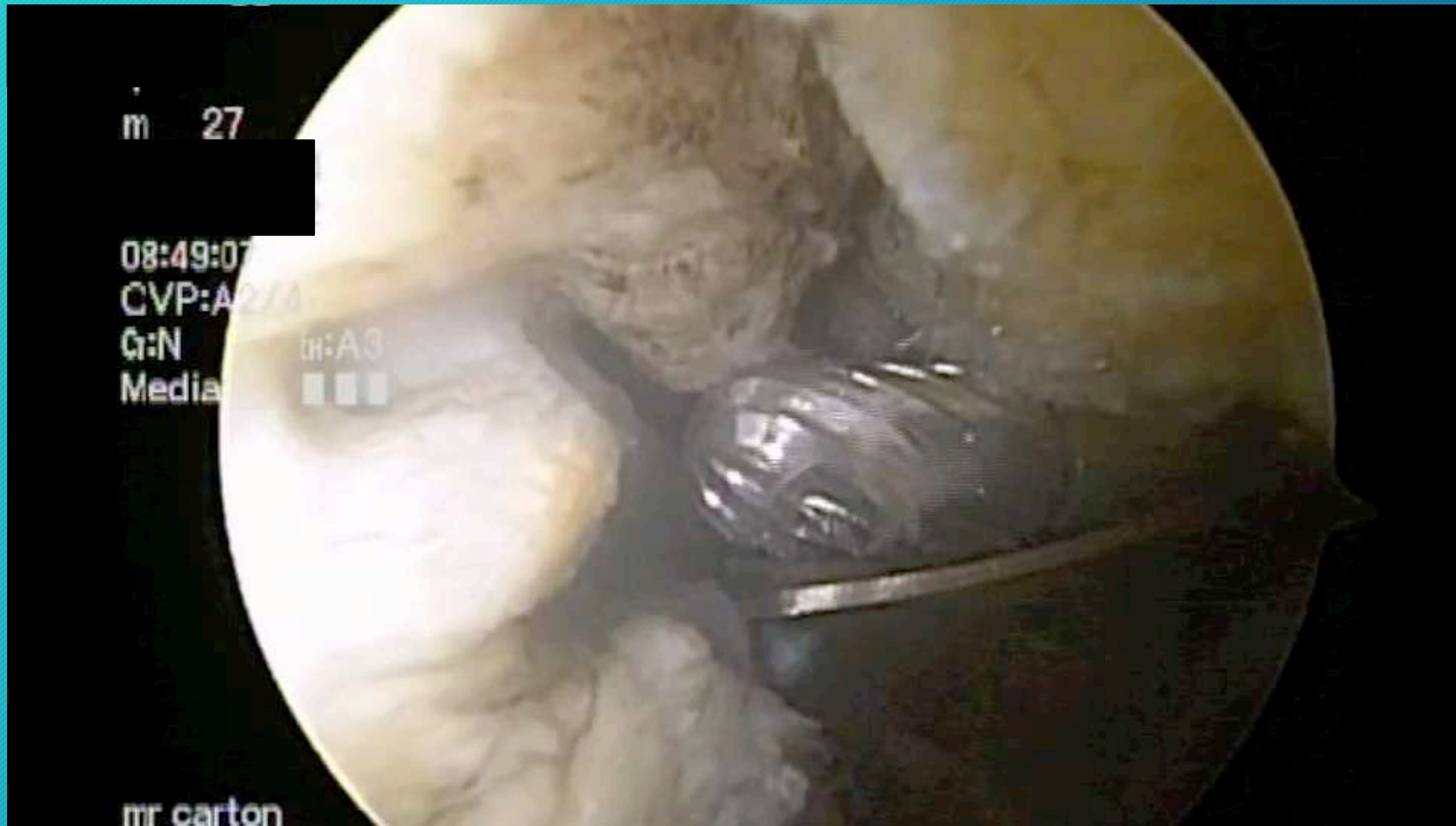


# Pincer Deformity Correction

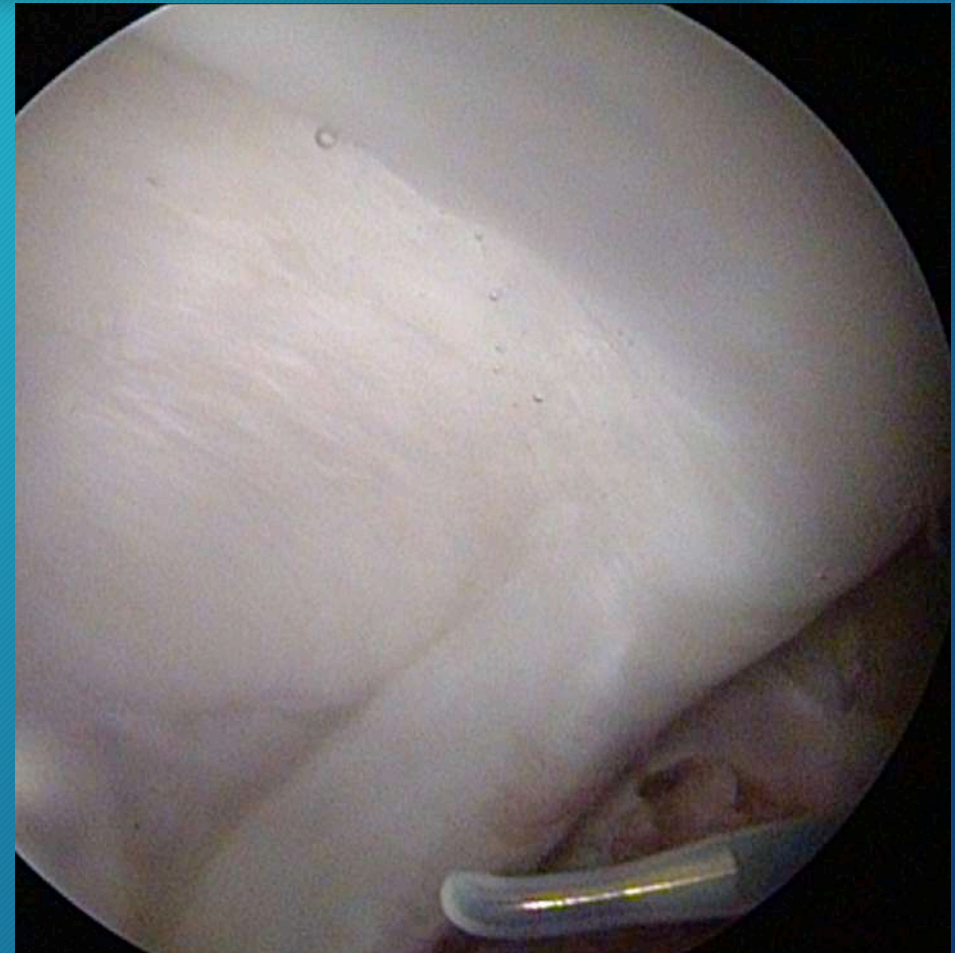
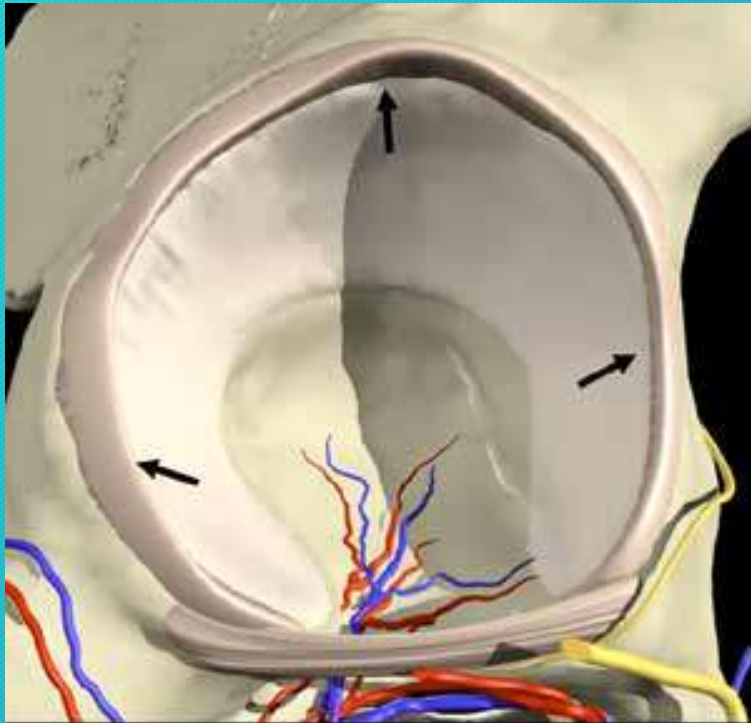


Pincer deformity present in ALL Sportsmen

# Pincer Impingement



# Labrum



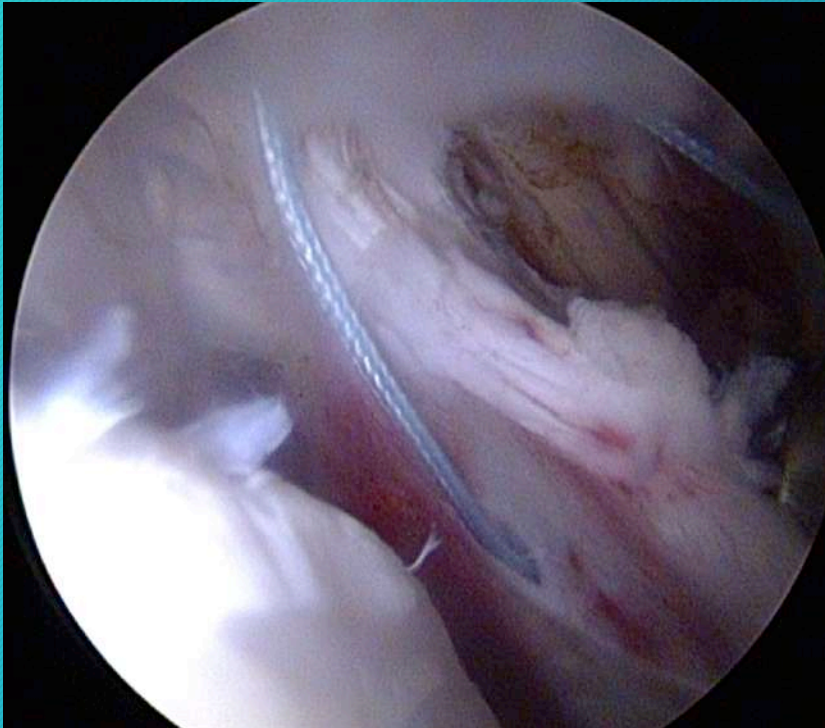
**Sports Hip Repair: Labral Cuff Technique**

Carton P, Filan D

*International Journal for Hip Preservation Surgery*

*(Oct 2017)*

# Capsule Repair



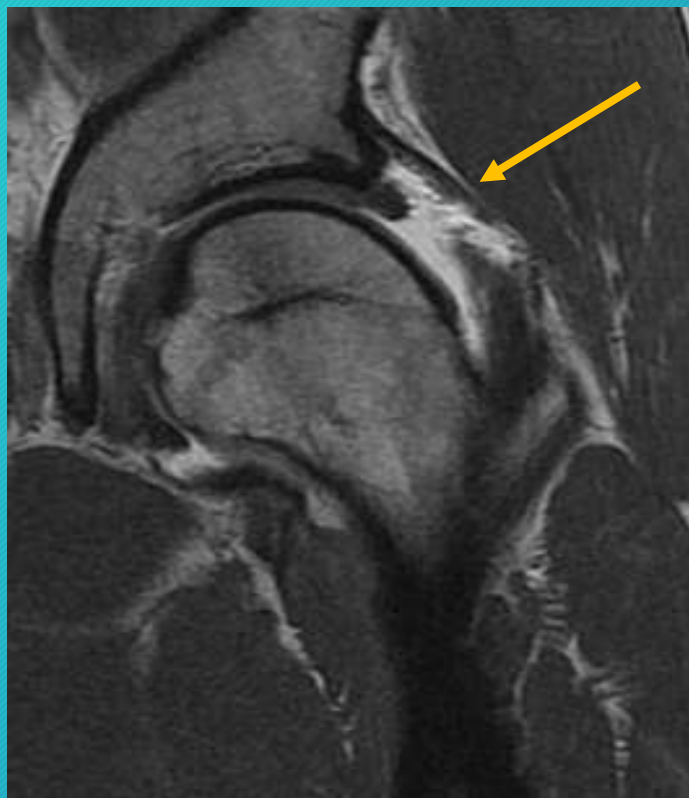
Capsule Open



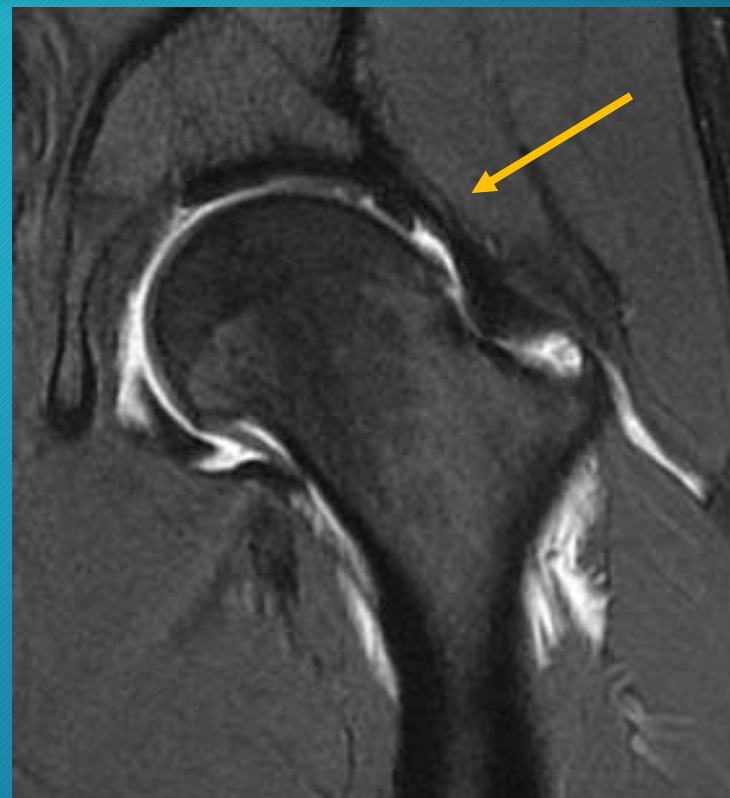
Capsule Repaired

The Effect of Routine Capsular Repair On Clinical Outcome  
Following Arthroscopic Correction of FAI  
(Under Revision) Journal of Arthroscopy, Oct 2019

# Capsular Repair



Capsule open



Capsule closed



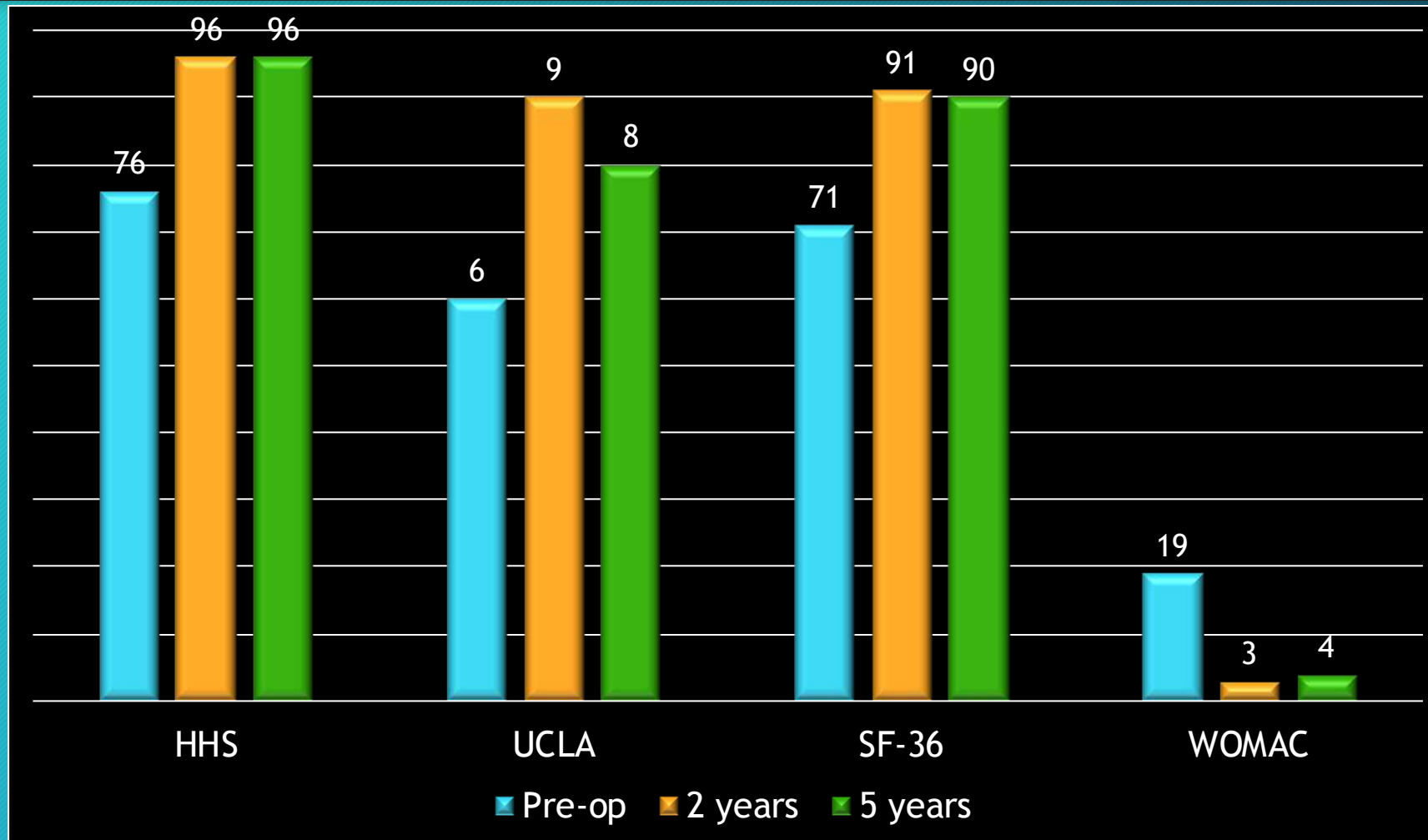


Results of Surgery

PROMs

# Successful Outcome (2-5 Years Post-op)

Ave age 26.6 years



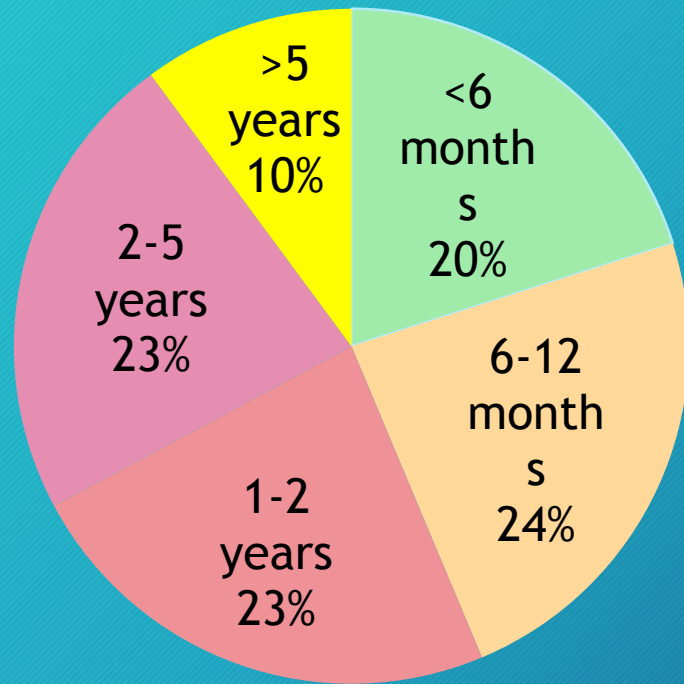
# Satisfaction

- 95% felt surgery was effective in relieving their pain
- 93% felt surgery increased their ability to perform regular activities
- 91% felt it allowed them to perform heavy work or sports activities
- 74% would definitely have the operation again if needed on another joint while 15% unsure.



# Delay In Diagnosis

*“symptoms greater than 2 years result in poorer outcomes post-op”*



- ✧ 78% gradual onset of symptoms
- ✧ Attended mean 2.4 HCP
- ✧ 1 in 3 cases referred too late (>2 years symptoms)
- ✧ Early diagnosis and appropriate management is critical

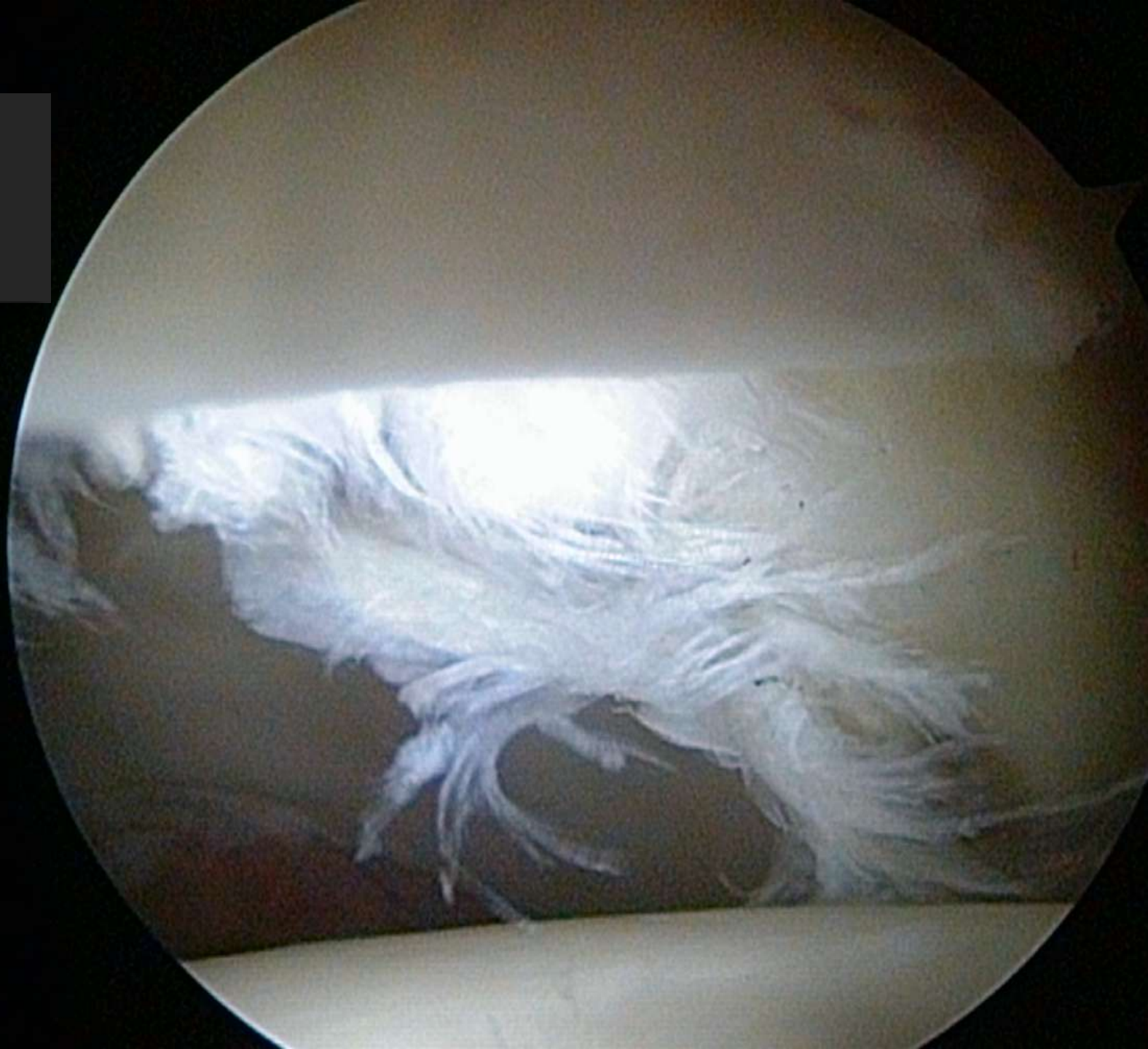
# Impingement

- 17 yr old hurler



# Impingement

- 22-year old inter-county footballer



# Impingement

- 29-year old senior club footballer



# Impingement

- 24-year old inter-county hurler





# Osteoarthritis

- Early 40
- Hip Replacement



# 33 Year old GAA Hurler



Osteoarthritis



Bilateral THR

# In Summary

- Early recognition
- Early surgical intervention
- Preservation and return to sports rather than replacement



# Thank You



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The Hip and Groin Clinic  
UPMC Whitfield



## **SPORTS MEDICINE ROADSHOW**

River Lee Hotel, Cork

02<sup>nd</sup> November 2019