

Cascio Sports Medicine¹, Louisiana State University Health Sciences Center Department of Orthopedic Surgery²

Introduction

There is a relative paucity of hip arthroscopy outcome studies compared to shoulder and knee studies. We tracked consecutive hip arthroscopy patients in a tertiary referral hip practice over 5 years.

Materials and Methods

A total of 1,032 patients including 335 men and 697 women underwent hip arthroscopy by one surgeon. Patients failed a preoperative course of conservative treatment. Patients received an intraarticular steroid and local anesthetic injection as part of their preoperative evaluation. Patients' pre and post operative Harris Hip Scores were documented.

Results

Between 2009 and August of 2017, 1,032 hip arthroscopies were performed by one fellowship trained hip arthroscopist. The average age for participants was 37 (range from 13 to 89). Outcomes were assessed preoperatively and then at 3 months up to 4 years. The average Harris hip score increased from 53 preoperatively to 72 at 4 years. Among patients aged 34 and younger, scores increased from 57 preop to 75 post op. The group aged 20 and under fared the best with the average constant score increasing from 58 preoperatively to 96 at year 4. In patients over the age of 21, significance was observed among average constant scores at each time interval up to 6 months. In patients aged 20 and under, significance was observed at each time interval up to 1 year. The psoas tendon was released in a majority of cases.

Results

Eight hundred sixteen (79%) patients were diagnosed with some amount of osteoarthritis, 784 (76%) synovitis, and 721 (69%) femoroacetabular impingement. Nine hundred fifty-two (92%) patients presented labrum tears and subsequently underwent labrum repairs. The average traction time for hip arthroscopy was 36 minutes. Complications included one postoperative DVT and 2 postoperative hematomas after greater trochanteric bursectomy.

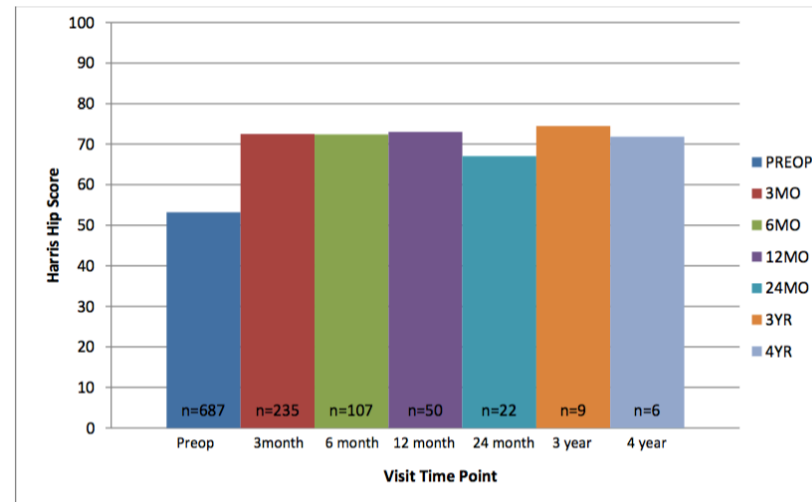


Figure 1 Hip Scores Preoperative to 4 Years Post Op

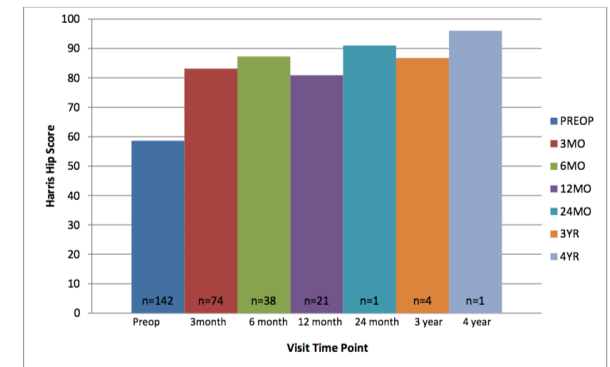


Figure 3 Hip Scores Participants Aged 20 and Under

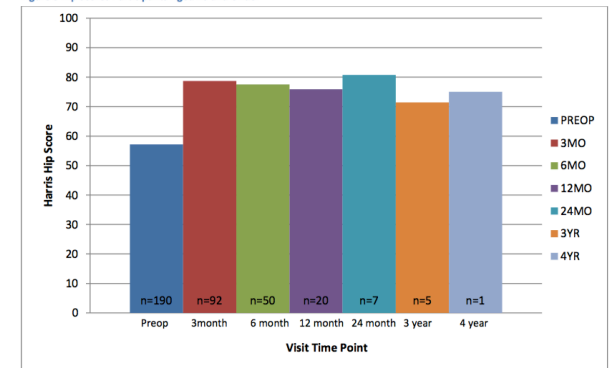


Figure 2 Hip Scores Participants Aged 34 and Under

Conclusion

Hip arthroscopy is a safe and effective method for the treatment of labral tears and femoroacetabular impingement. With judicious patient selection, this procedure has been proven to consistently improve Harris Hip Scores in all age groups. This improvement is particularly evident amongst younger patients.