

Current Trends in the Use of Postless Hip Arthroscopy:

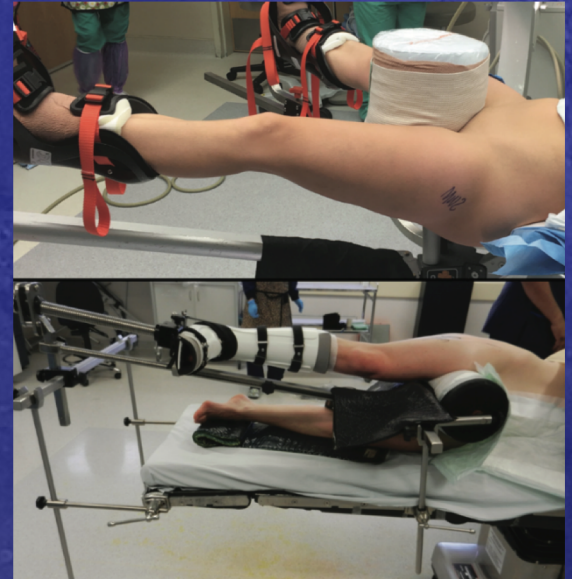
A Survey of the International Society for Hip Arthroscopy (ISHA) Membership

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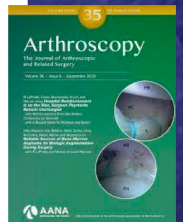
Introduction

- Hip arthroscopy traditionally performed with use of perineal post
- → Risk of pudendal nerve and soft tissue injuries



Symptoms of Nerve Dysfunction After Hip Arthroscopy: An Under-Reported Complication?

Christian Dippmann, M.D, Ph.D., Kristian Thorborg, Ph.D., Otto Kraemer, M.D.,
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Introduction

- Recently, the use of postless hip arthroscopy has been introduced with multiple techniques described

Systematic Review

Arthroscopy,
Sports Medicine,
and Rehabilitation

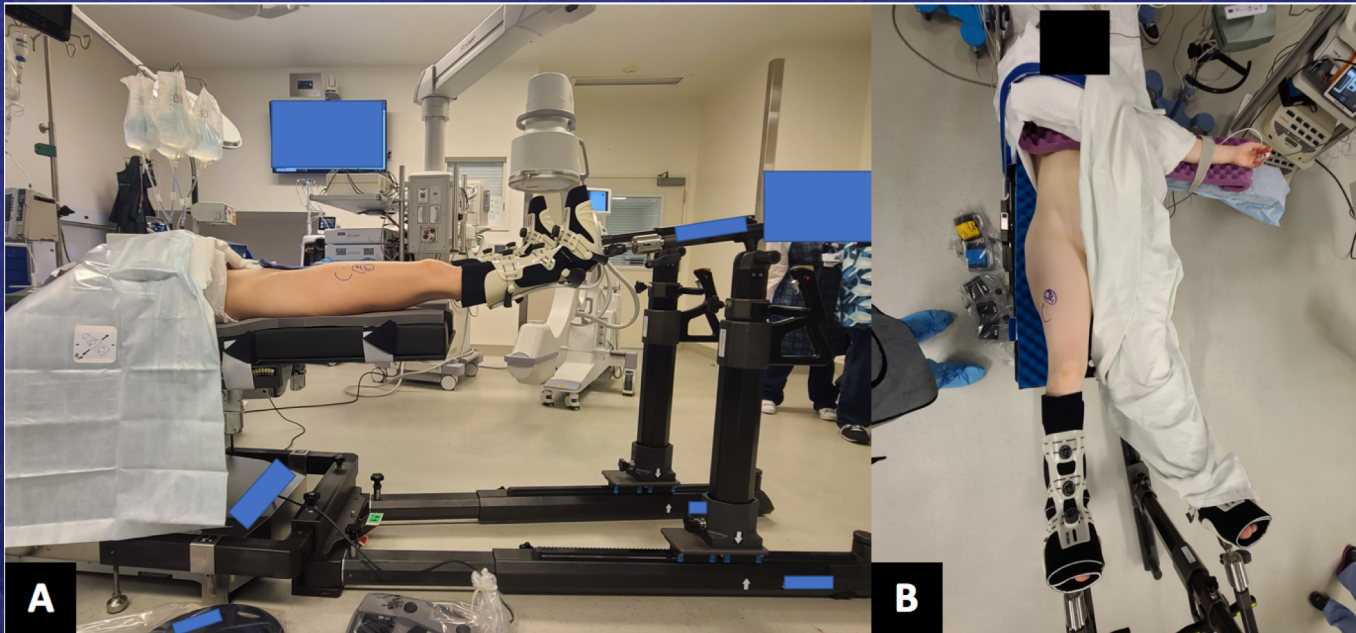


Postless Arthroscopic Hip Preservation Can be Adequately Performed Using Published Techniques

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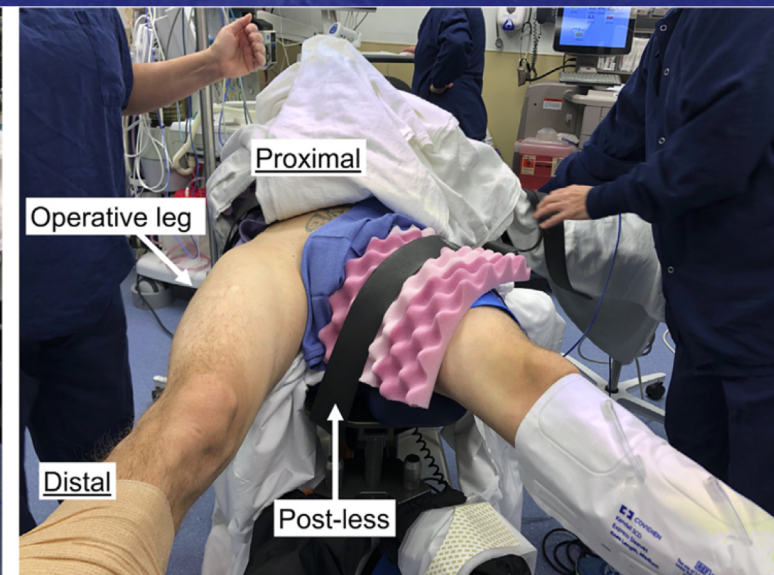
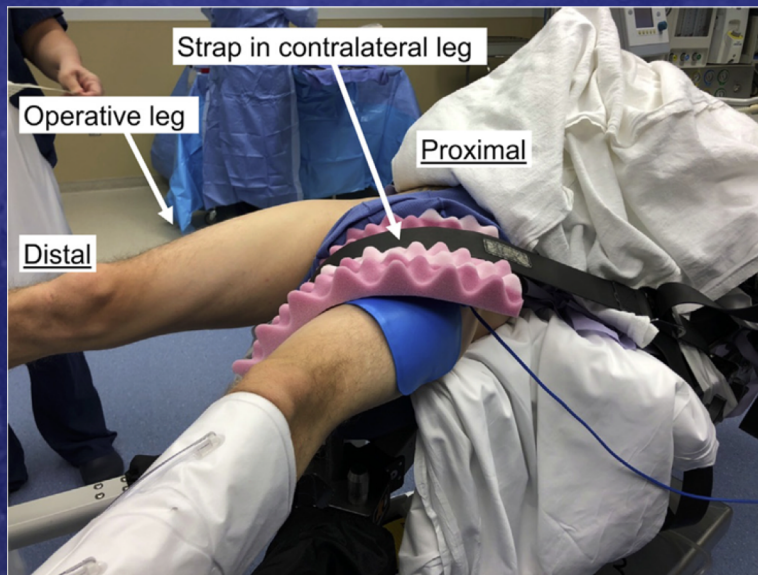
Introduction

- Although multiple postless techniques exist, it is unclear what proportion of hip arthroscopy surgeons are currently performing postless hip arthroscopy



Purpose

- To assess the current international trends in the use of postless hip arthroscopy among hip preservation specialists



Methods

- Anonymous 12-item survey sent by e-mail to all ISHA members in January 2022



Methods

- Surgeons were asked various questions regarding:
 - Current use of post/postless hip arthroscopy
 - If they had changed their setup technique at some point during their career and reason for the change
 - Perceived rate of pudendal nerve and/or soft tissue injuries using current technique
- Fisher's exact test used to compare categorical rates of groin-related complications between post-assisted and postless users

Results

- 126 surveys completed among 431 active ISHA members (29.2%)
- 61% of surgeons currently use a perineal post (33% postless)
- 75% of post users and 98% of postless users self-reported a rate of pudendal nerve and/or soft tissue injury of <1% ($p = 0.015$)

	Postless (N=42)	Perineal Post (N=77)
Perineal nerve and/or soft tissue complications		
<1%	41 (98)	58 (75)
1-5%	1 (2)	15 (20)
6-10%	0 (0)	2 (3)
11-20%	0 (0)	1 (1)
>20%	0 (0)	1 (1)

Given as N (%).

Results

- 41 respondents indicated changing their technique at some point
 - 24 (59%) due to groin-related complications
- 28/41 surgeons (68%) who switched from post to postless noticed a decrease in groin-related complications

If you use postless hip arthroscopy, which table/set-up do you use? §	
Pivot Guardian (Stryker)	29 (59)
Xodus Medical/Smith & Nephew Pink Pad	13 (27)
Molded bean bag	0 (0)
Other	6 (12)
Have you ever been involved in litigation as a result of perineal nerve and/or soft tissue complications following hip arthroscopy?	
Yes	3 (2)
No	123 (98)
Have you ever seen <u>permanent</u> pudendal nerve palsy as a result of hip arthroscopy with a perineal post?	
Yes	11 (9)
No	115 (91)

Discussion/Conclusions

- Use of a perineal post is still a more common setup technique amongst hip arthroscopists
 - 1/3 of surgeons use a postless technique
- Surgeons who have switched to postless technique often did so due to perineal complications
 - Majority noticed decrease in complications with postless technique

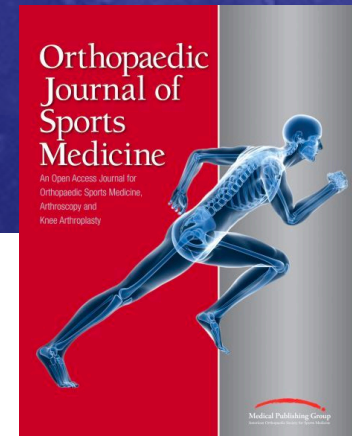
This study was published in the December 2022 issue of the *Orthopaedic Journal of Sports Medicine (OJSM)*

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