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# The HAR-Index: a reliable method for evaluating the risk of total hip arthroplasty conversion after hip arthroscopy for femoroacetabular impingement.

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# Background

Hip arthroscopy is a growing technique in the treatment of femoroacetabular impingement (FAI), but can sometimes lead to unsatisfactory results, such as early conversion to total hip arthroplasty (THA).

Predictive risk factors models can assist in the decision-making process, but they are sometimes complicated and require specific software or conversion tables



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# Aim

The **aim** of this study is to develop the Hip Arthroplasty Risk Index (HAR-Index). A new decision-making tool based on preoperative clinical and radiological factors that predicts the preoperative risk of conversion to THA after hip arthroscopy in patients with FAI.



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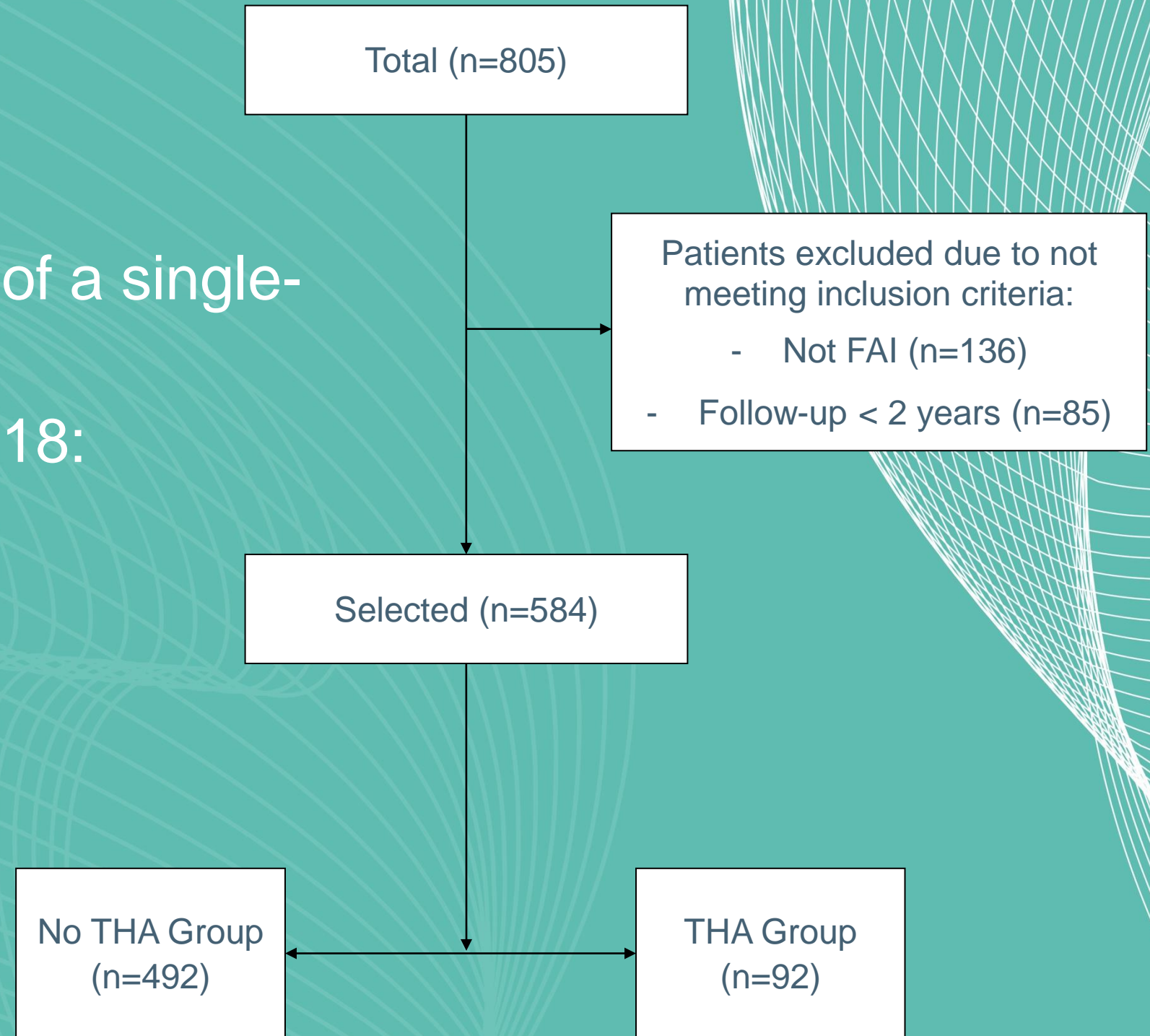


# Material and methods

**Design:** Retrospective analysis of a single-center prospective cohort.

**Patients:** Between 2007 and 2018:

- Hip arthroscopy for FAI
- Preoperative MRI and Rx
- Minimum 2 years follow-up



# Variables included

Age

Sex

BMI

Preoperative VAS for pain

Preoperative mHHS

Preoperative HOS

Preoperative WOMAC

Preoperative Tönnis

Preoperative ALAD

AUC HAR-Index: 0.89

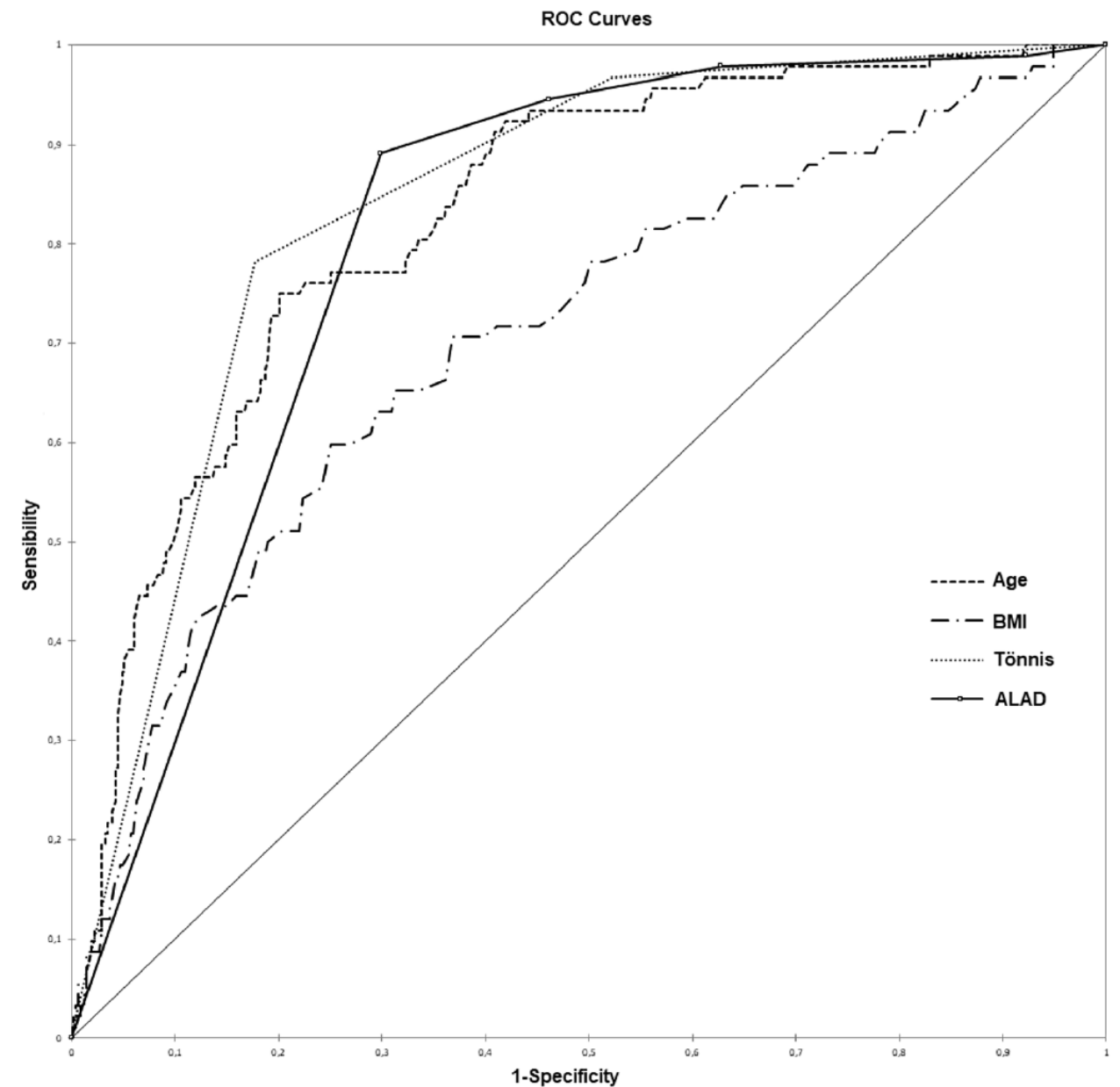


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AUC > 0.70



# The HAR-Index

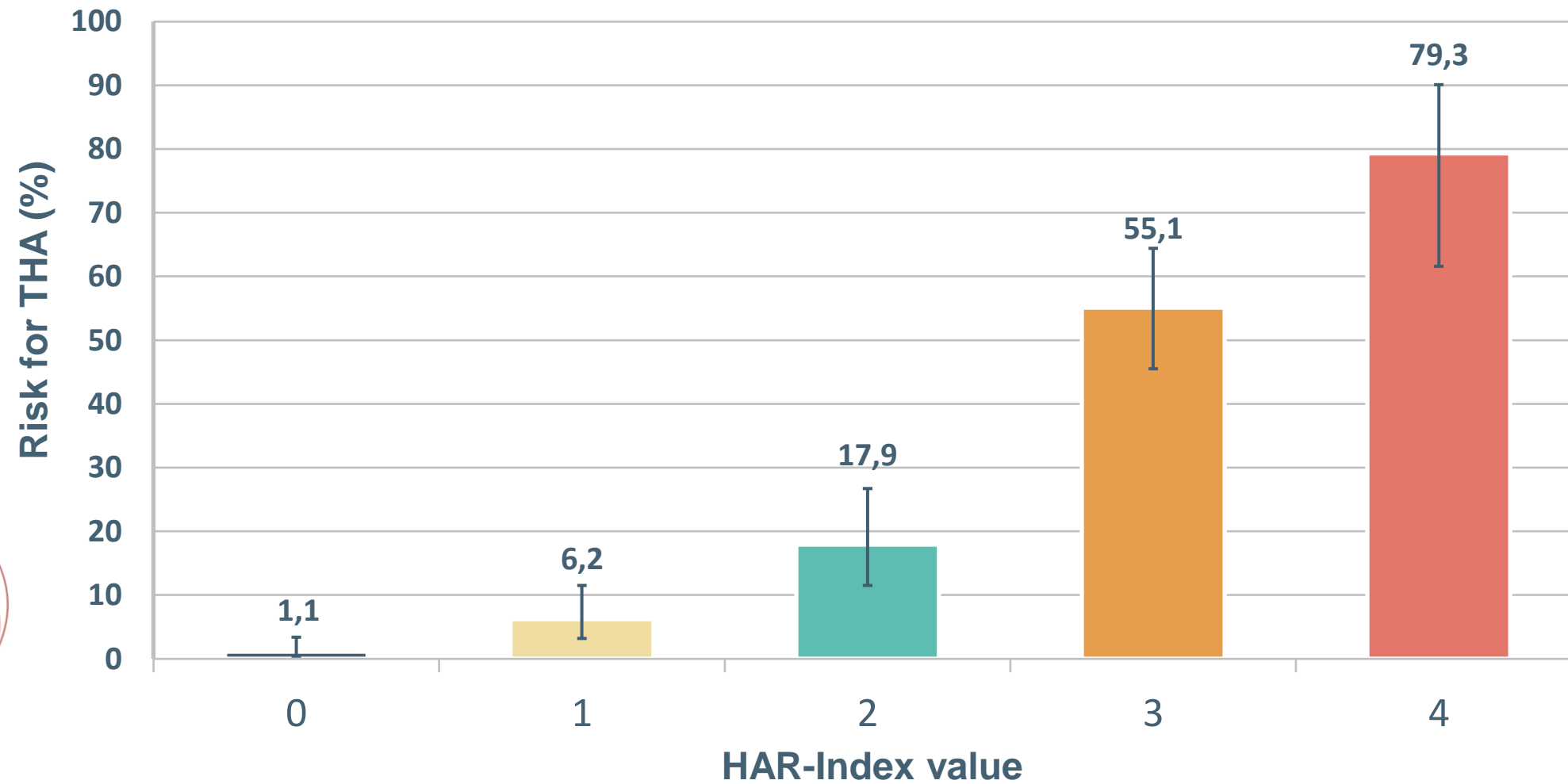
The **HAR-Index** is a 0 - 4 score that can predict preoperative risk for Total Hip Arthroplasty after hip arthroscopy for FAI.

	0 points	1 point
<b>Age</b>	< 47 years	≥ 47 years
<b>BMI</b>	< 28	≥ 28
<b>Tönnis</b>	< 2 mm joint space	≥ 2 mm joint space
<b>ALAD</b>	< 4	= 4





# Risk for THA conversion



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# Conclusion

The HAR-Index is a valid, simple and practical tool for evaluating the preoperative risk of conversion to THA after hip arthroscopy in patients with FAI.



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