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Boston
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June 18–June 21

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The Fate of the Symptomatic Unoperated Hip

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Disclosures: None to disclose

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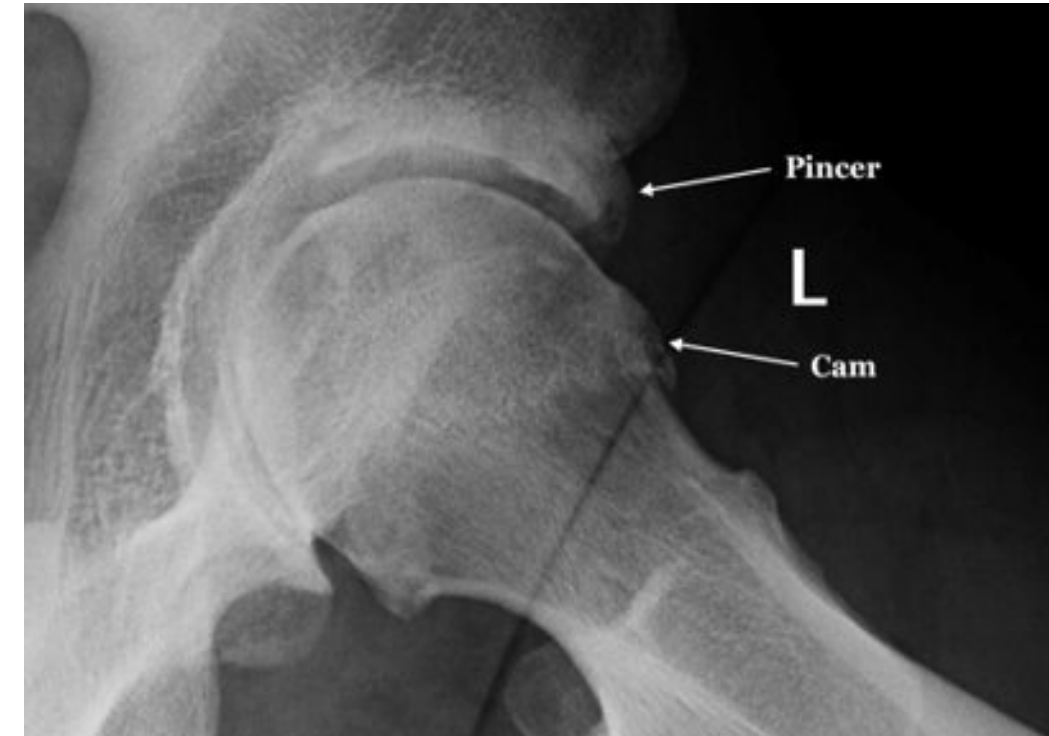
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Background

Both surgical and conservative treatments can improve symptoms and function in patients with Femoroacetabular Impingement.

In RCTs comparing surgery to conservative treatment, crossover favouring surgery is commonly observed.^[1-3]



The aim of this preliminary study was to examine outcomes of patients who were not treated arthroscopically for FAI



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Methods - Study Design

Patients diagnosed with FAI between November 2015 and December 2019 who did not undergo surgery were considered.

Exclusion Criteria;

- Osteoarthritis
- Dysplasia
- Previous Hip Arthroscopy
- Mild Symptoms where surgery is not appropriate

Inclusion criteria:

- Diagnosed FAI (clinical signs, radiological indications & patient history)
- >18 years
- Considered good candidates for surgery but who **chose not to undergo** arthroscopy



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Methods - Outcomes

1. Arthroscopy
2. Injection
3. Current Physical Activity (PA) Engagement
 - Fully Engaged in preinjury habitual physical activity
 - Modified Involvement (either reducing the time/intensity of the same activity or switching to another activity)
 - Cessation of habitual physical activity

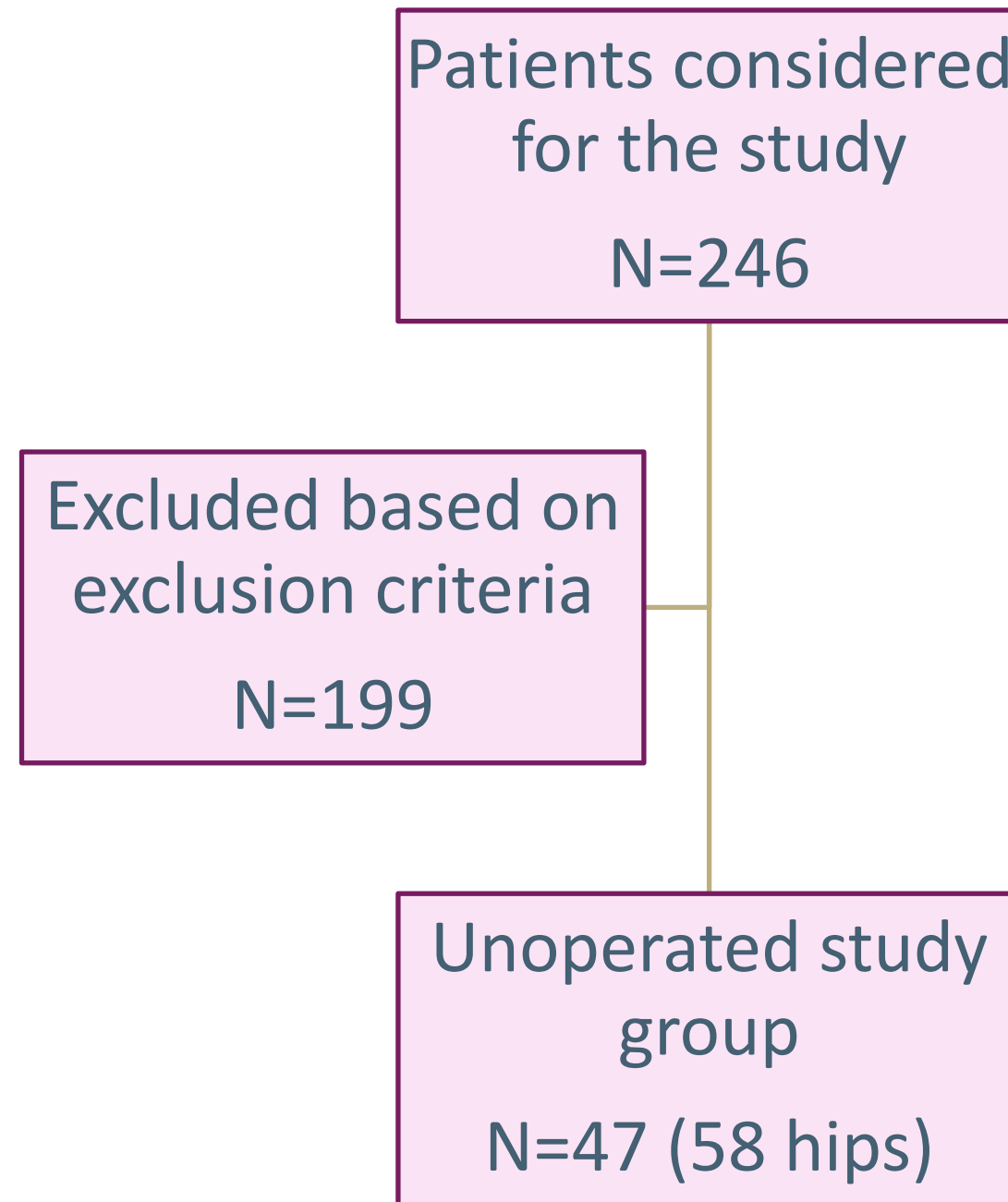


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Results



Mean follow up time:
33 Months



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Results - Demographics



86% Male

Mean Age; 33.6 ± 8 years



Mean LCEA: $37.5^\circ \pm 5$

Mean Alpha Angle AP View: $62.7^\circ \pm 18$

Mean Alpha Angle Dunn View: $56.4^\circ \pm 11$

81% Tonnis 0, 19% Tonnis 1



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Results - Arthroscopy and Injections

4 hips converted to arthroscopy (9.3%) at approx. 12 months post-diagnosis



5 hips had corticosteroid injection (12.8%)

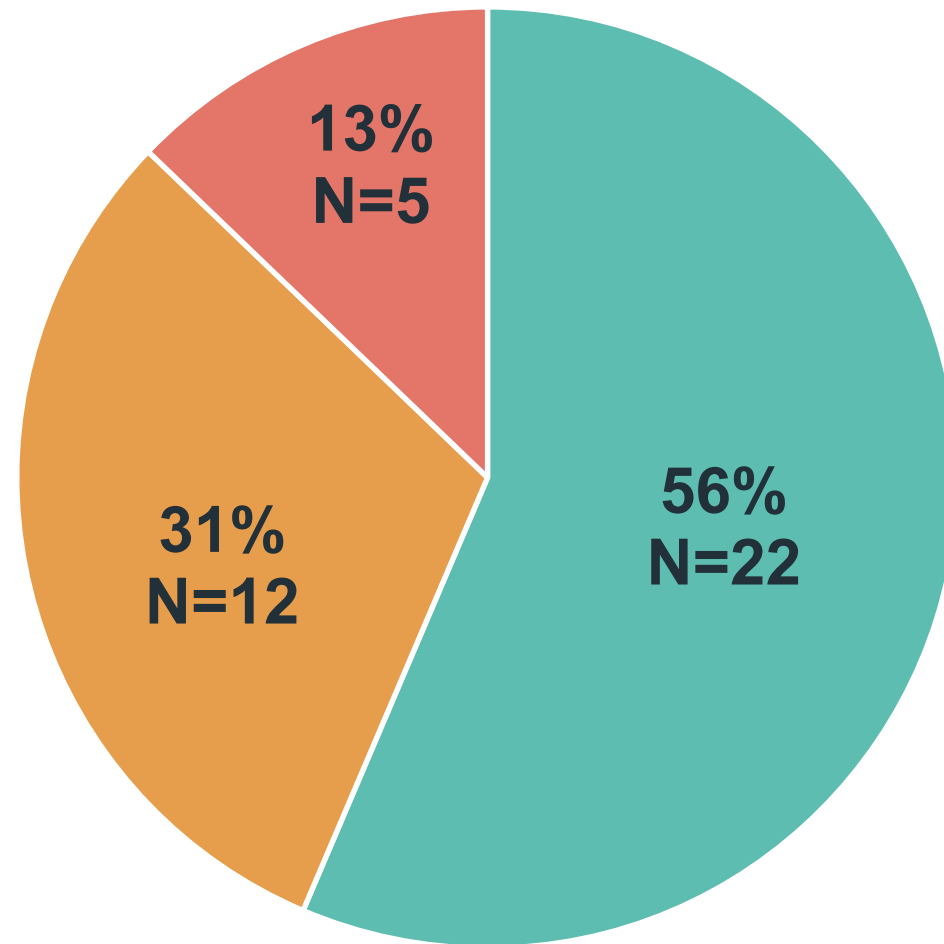


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Results - Physical Activity Engagement



- Full Participation in habitual PA
- Modified PA
- Ceased Habitual PA

Of the 22 Full PA cases, 5 reported continued hip pain during PA.



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Conclusion.

Preliminary findings indicate a 9.3% conversion to surgery rate within 2 years.

Only 43.6% were participating in pre-injury level of physical activity without pain.

Thank you



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References

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