NYU Langone Health

NYU Langone Orthopedics

EXPECTATIONS FOR RETURN TO SPORT BEFORE AND AFTER HIP ARTHROSCOPY

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Disclosures

- Thomas Youm: Arthrex, Inc: IP royalties; Paid consultant; Paid presenter or speaker

Background

- Setting appropriate expectations for orthopedic surgery functional outcomes can contribute to postoperative motivation and satisfaction.
- For patients with femoroacetabular impingement syndrome (FAIS), the literature is limited regarding patients' expectations for returning to sport following hip arthroscopy.
- A recent study involving 83 patients found expectations in improvement in pain, sport level and physical capacity had been overly optimistic in more than 50% of patients.
  - Mannion et al 2020

Purpose

1. Compare preoperative patient expectations to RTS with postoperative RTS reality
2. Determine the effects of type of sport on expectations versus postoperative RTS reality
3. Determine the effects of age and sex on expectations versus RTS reality

Methods

- Study Design: Prospective Analysis
- Inclusion criteria
  - Primary hip arthroscopy for FAI
  - ≥18 years of age
  - Minimum 1-year follow-up
- Outcomes Measured:
  - RTS expectations vs postoperative RTS reality
  - Sub-analyses by age, sex, and sport type

Demographics

	Overall (N=41)
Age (years)	30.7 (6.5)
Sex (% female)	27 (65.9%)
Male	14 (34.1%)
Sport Impact Level (% High)	24 (58.5%)
Low	17 (41.5%)
Sport Pivot Level (% High)	15 (36.6%)
Low	26 (63.4%)

Results

- 97.6% of the cohort expected to return to sport, and 90.2% expected to return to their preinjury level.
- 63.4% of patients who expected to return to any level had actually returned.
- 46.3% of those who expected to return to their preinjury level actually returned to that level.

Results: Sub-analysis

- 22.3% more patients participating in low impact sports who expected to return to their preinjury level actually did compared to those participating in high impact sports.

- 27.8% more patients participating in non-pivoting sports who expected to return to their preinjury level actually did compared to those participating in pivoting sports.

- There was no difference between expectations to RTS versus postoperative reality when analyzed by age and sex.

Conclusion

- Patients undergoing hip arthroscopy for FAIs had both high expectations to return to sport and high expectations to return to their preinjury level.
- However, patients' expectations to return to sport do not match postoperative reality following hip arthroscopy for FAI.
- The discrepancy between expectation to return to preinjury level and reality was larger for those participating in high impact and pivoting sports compared to those participating in low impact and low pivoting sports.
- All patients that took up a different sport went from one of high impact to low impact.

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