

Midterm Outcomes and Return to Sport Rates in Competitive Soccer Players Undergoing Hip Arthroscopy



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Disclosures

I (and/or my co-authors) have something to disclose.

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Introduction

- Soccer is the most popular sport in the world, with over 265 million competitors playing the game.
- In orthopedic care, hip arthroscopy is currently the gold standard of treatment for FAI and labral tear, with well documented favorable long-term outcomes and high rates of return-to-sport across different sports
- However specifically in soccer players, short-term hip reports on outcomes of hip arthroscopy have yielded contradictory findings.



Purpose and Hypothesis

- This study aims to evaluate the outcomes and return-to-sport rates of hip arthroscopy as a treatment for FAI and labral tears in competitive soccer players with a minimum 5-year follow-up.
- A secondary aim is to present a return-to-sport sub-analysis based on sex and competitive level.
- We hypothesized that this cohort of soccer players would demonstrate favorable outcomes and high return-to-sport rates at mid- and long-term follow-up.

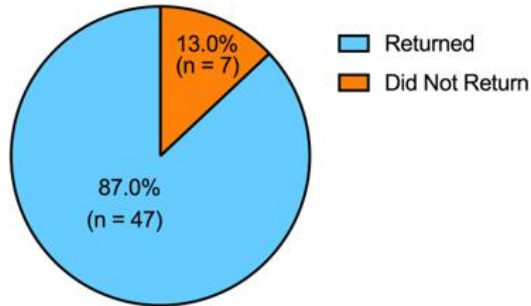
Methods

- Looking at patients from a single surgery center between February 2008 and January 2019
- Patients were excluded if they had previous ipsilateral hip pathology, previous ipsilateral hip surgery, LCEA < 18°, or Tönnis grade > 1
- Looking at patient demographics, radiographic findings, intraoperative findings, procedures, PROs, return to sport, clinical threshold achievement, secondary surgeries and complications
- Included patients reported preoperative soccer participation. Patients were excluded from the return to sport subanalysis if they cited loss of interest or lifestyle transition as their reason for not returning to sport.

Results

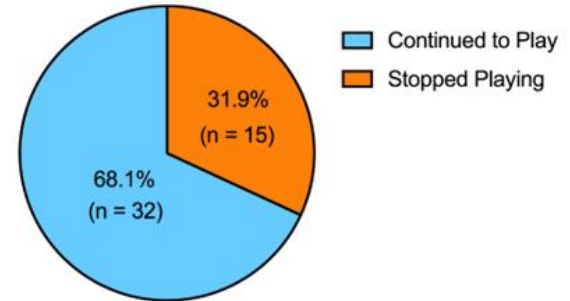
- 65 patients (74 hips were included)
- Patients demonstrated postoperative improvements in all PROs and high clinical threshold achievement
- High rates of return to sport and continuation of sport. No differences in RTS between different sexes or different competitive levels

Patient Return-to-Soccer at Any Time Post-Op



N = 54 Patients

Durability of Soccer Participation at Minimum 5 Years Post-Op



N = 47 Patients

Conclusion

- Hip arthroscopy for FAI and labral treatment in soccer players resulted in significant improvements in functional outcomes, with a high percentage of patients achieving important clinical thresholds.
- There was a high rate of return-to-soccer, enabling a substantial number of patients to continue playing at a minimum 5-year follow-up.

References

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