

5-Year High-Level Athletes Undergoing Revision Arthroscopy Outcomes



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Disclosures

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

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Introduction, Purpose, and Hypothesis

- Mid-term outcomes of revision hip arthroscopy in the athletic population have not been well established.
- We aim to evaluate the mid-term outcomes for high-level athletes who underwent revision hip arthroscopy, and we compared these results with those of a matched-pair group of high-level athletes who underwent primary hip arthroscopy.
- Hypothesis: we predicted favorable patient-reported outcomes and return to sport rates for these high-level athletes following revision hip arthroscopy



Methods

- Looking at high school, college, and professional athletes from a single surgery center between November 2008 and February 2019
- We matched athletes who underwent revision hip arthroscopy in a 1 to 3 ratio to control athletes who underwent primary arthroscopy according to age, sex, BMI, follow-up time, labral treatment, capsular treatment, and Tönnis grade.
- We excluded patients with prior hip conditions, Tönnis grade greater than 1, or were Worker's compensation.
- PRO and return-to-sport (RTS) analyses were performed. Any patients who did not attempt to return to sport for reasons unrelated to the hip were excluded from the sub-analysis.

Results

- A total of 41 athletes (42 hips) undergoing revision hip arthroscopy were successfully matched to 115 primary hip arthroscopy athletes (126 hips).
- Both groups showed similar improvement in PROs, while the pre-op scores were lower in the revision group.



Results Continued

- Of the 41 patients who underwent revision hip arthroscopy, 37 attempted to return to sport, 21 successfully returned to sport at some point, and 14 of them could continue playing at 5 years or more.
- Of the 115 patients who underwent primary hip arthroscopy, 101 attempted to return to sport, 86 successfully returned to sport at some point, and 62 of them could continue playing at 5 years or more.



Conclusion

- Revision hip arthroscopy was beneficial for the improvement of PROs in high-level athletes at a 5-year follow-up.
- The study group showed significant improvement like the control group but reached lower 5-year scores due to a lower baseline.
- The return-to-sport rate was lower in the study group, however, those who returned to sports were able to continue practicing after 5-year follow-up at the same rate as the control group.
- In addition, the complication rate was similar in both groups.

References

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