Hip Health Among Retired National Basketball Association Athletes: A Survey

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Injuries among NBA athletes\(^1\)

- Lower Extremity: 62.4%
- Upper Extremity: 22.2%
- Other: 15.4%

- Hip/groin injuries: 6.2%\(^1\)
- Incidence of hip injuries: 3.26 per 1000 athlete exposures\(^2\)
- Most common etiology: Quadriceps injury (25%)\(^2\)
Retired professional athletes are at increased risk of hip and knee osteoarthritis\textsuperscript{3,4}

Little data exists on hip injuries in professional basketball players

The impact of these injuries on athletes’ post-retirement health is unknown
Survey of retired NBPA members
Developed through multidisciplinary focus group
Refined through sample to redundancy approach
Final survey:

1. Demographics
2. Pre-NBA Hip Health and Injuries
3. NBA Hip Health and Injuries
4. Post-retirement Hip Health and Injuries
5. Activity level and quality of life
   - Tegner Activity Scale
   - EQ-5D Instrument
   - Overall health quality visual analogue scale

61 Questions
RESULTS: DEMOGRAPHICS

900 Surveys Distributed to Retired NBA athletes

108 respondents (12%)

Age Distribution of Responding Athletes

Primary Playing Position of Responding Athletes
RESULTS: HIP HEALTH BEFORE AND DURING NBA CAREER

3.7% Athletes who sustained a hip or groin injury prior to their NBA career

39.1% Athletes who sustained a hip or groin injury during their NBA career

13.0% Athletes who received a hip or groin injection during their NBA career

5.6% Athletes who underwent hip or groin surgery during their NBA career

85.4% "Sports hernia" or "groin pull"

12.2% Labral tear

2.4% Dislocation

50% "Sports hernia" or "core muscle" surgery

50% Hip arthroscopy
Adjusted for age and ethnicity, athletes who sustained a hip injury during their NBA career had significantly lower overall health (p = 0.015)
CONCLUSIONS

- Hip and groin injuries common in NBA athletes
  - Rarely diagnosed as intra-articular pathology
- High rates of Total Hip Arthroplasty in retired NBA athletes
  - 15% in study sample
  - 2% among general population in United States over 50 years of age\(^5\)
- Hip or groin injuries predict significantly lower health-related quality of life
STRENGTHS & LIMITATIONS

**Strengths**
- Important new information
- Methodologically sound survey development
- Unique target population

**Limitations**
- Limited generalizability
- Low response rate
Better understanding of intra-articular hip pathology in NBA athletes
Prospective, longitudinal study designs to help identify athletes at high risk for hip osteoarthritis
Patient education and resources to help athletes prepare for and transition to a healthy, active retirement
REFERENCES


