



Outcomes of Hip Arthroscopy in Adolescents: A comparison of acute vs chronic labral tears. Minimum Two-year follow-up

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Disclosures

- American Hip Institute^a, AANA Learning Center Committee^a, Amplitude^c, Arthrex^{b,c,d}, ATI^b, Breg^b, DJO Global^d, Orthomerica^d, Pacira^{b,c}, Stryker^{b,c}
- a – boardmember; b – research support; c – consulting; d – royalty; e - stockholder

Background

- Hip arthroscopy is becoming increasingly utilized to treat hip pathology in children and adolescents
- Adult patients with traumatic tears have better outcomes than patients with acute tears or insidious symptoms ~Byrd



Purpose

- To examine the outcomes of hip arthroscopy for labral tears in patients ≤ 18 years or younger
- To determine whether outcomes differ btw patients with acute vs chronic presentation



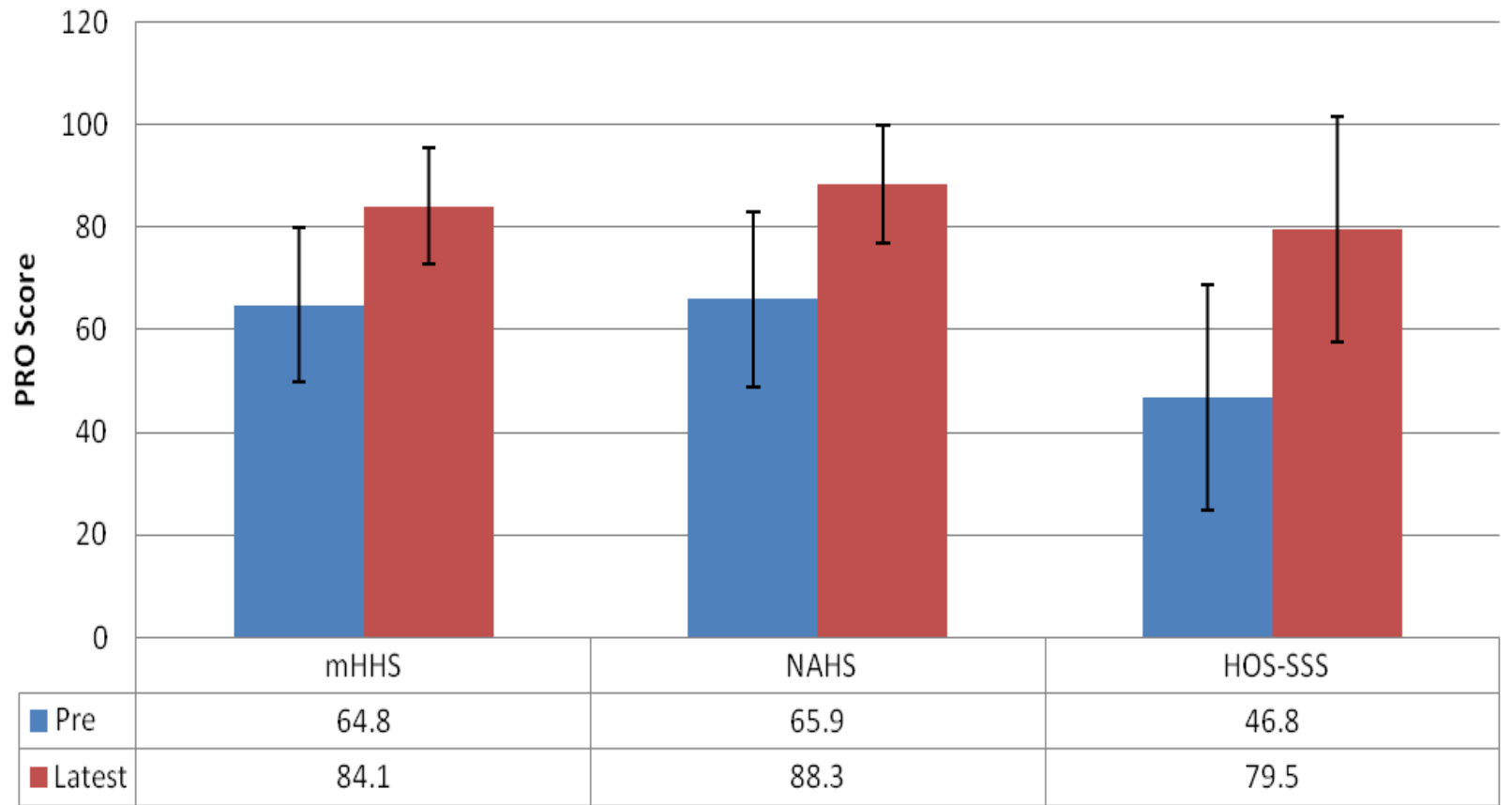
Methods

- Patients ≤ 18 years old undergoing hip arthroscopy for labral tear
- Inclusion/Exclusion:
 - Min 2 year follow up
 - No previous hip conditions or surgery
- 2 groups
 - Acute: history of injury or sudden onset pain
 - Chronic: Insidious onset of symptoms
- 3 PROs: mHHS, NAHS, HOS-SSS

Results

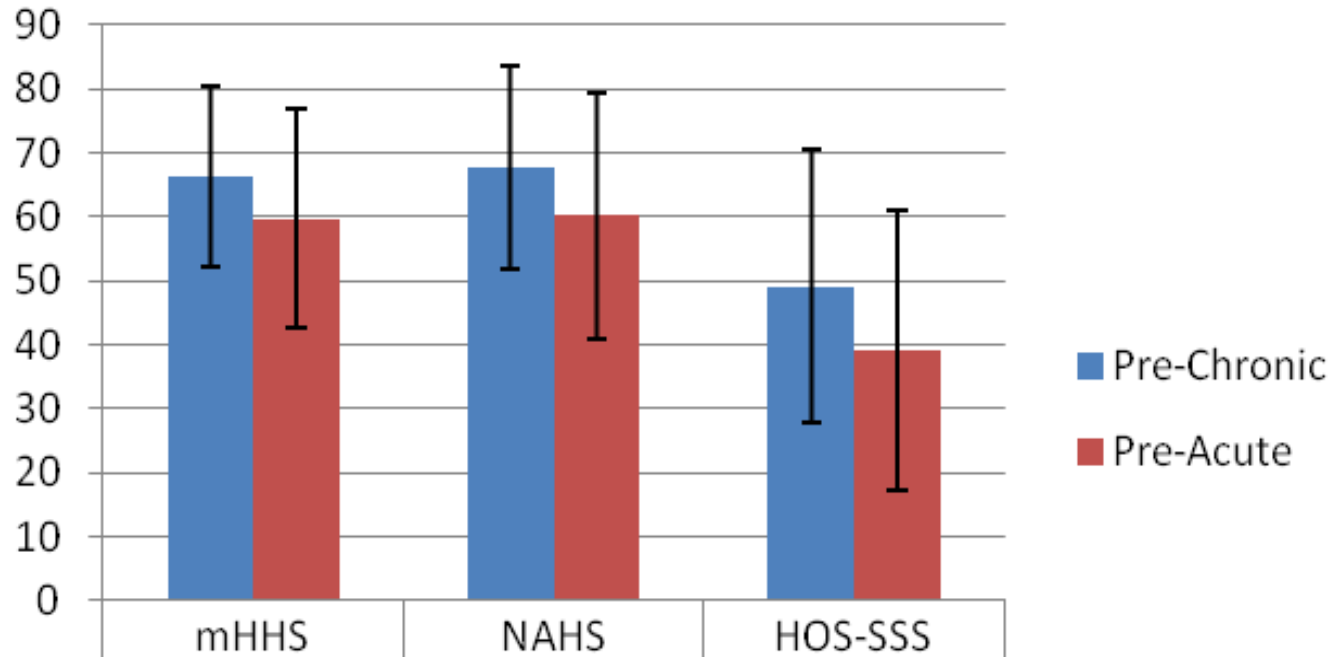
- 157 patients with min 2 year follow up
- Avg follow up 37 months
- Acute group: 38 patients
- Chronic group: 119 patients
 - Avg duration of symptoms 1.5 years
- Avg age: 16.5 and 16.8 years

PRO



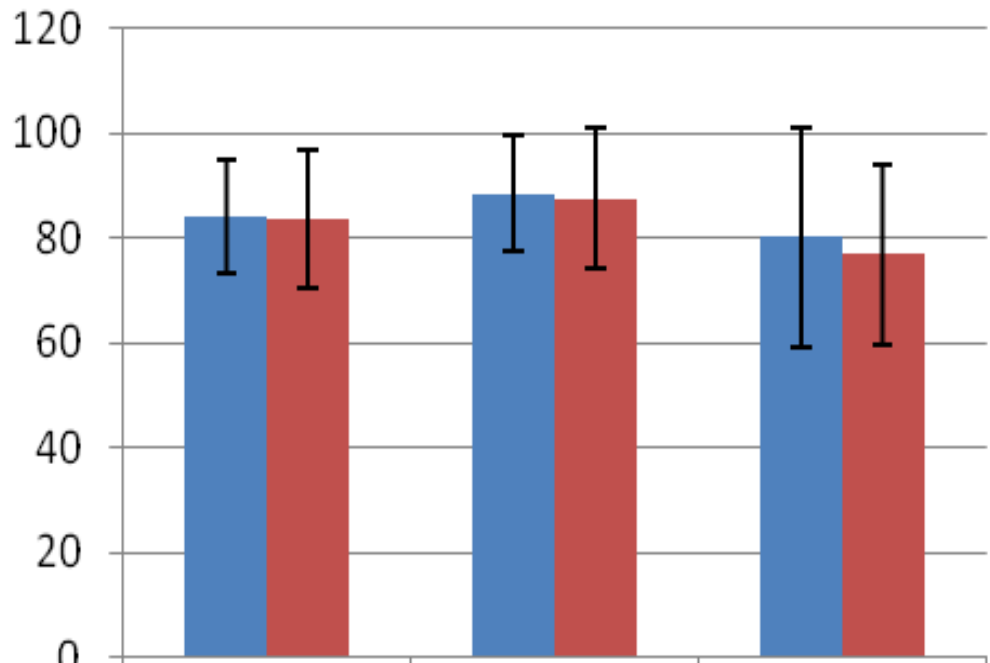
All patients

Pre-Operative PROs



■ Pre-Chronic	66.4	67.7	49.2
■ Pre-Acute	59.8	60.2	39.2

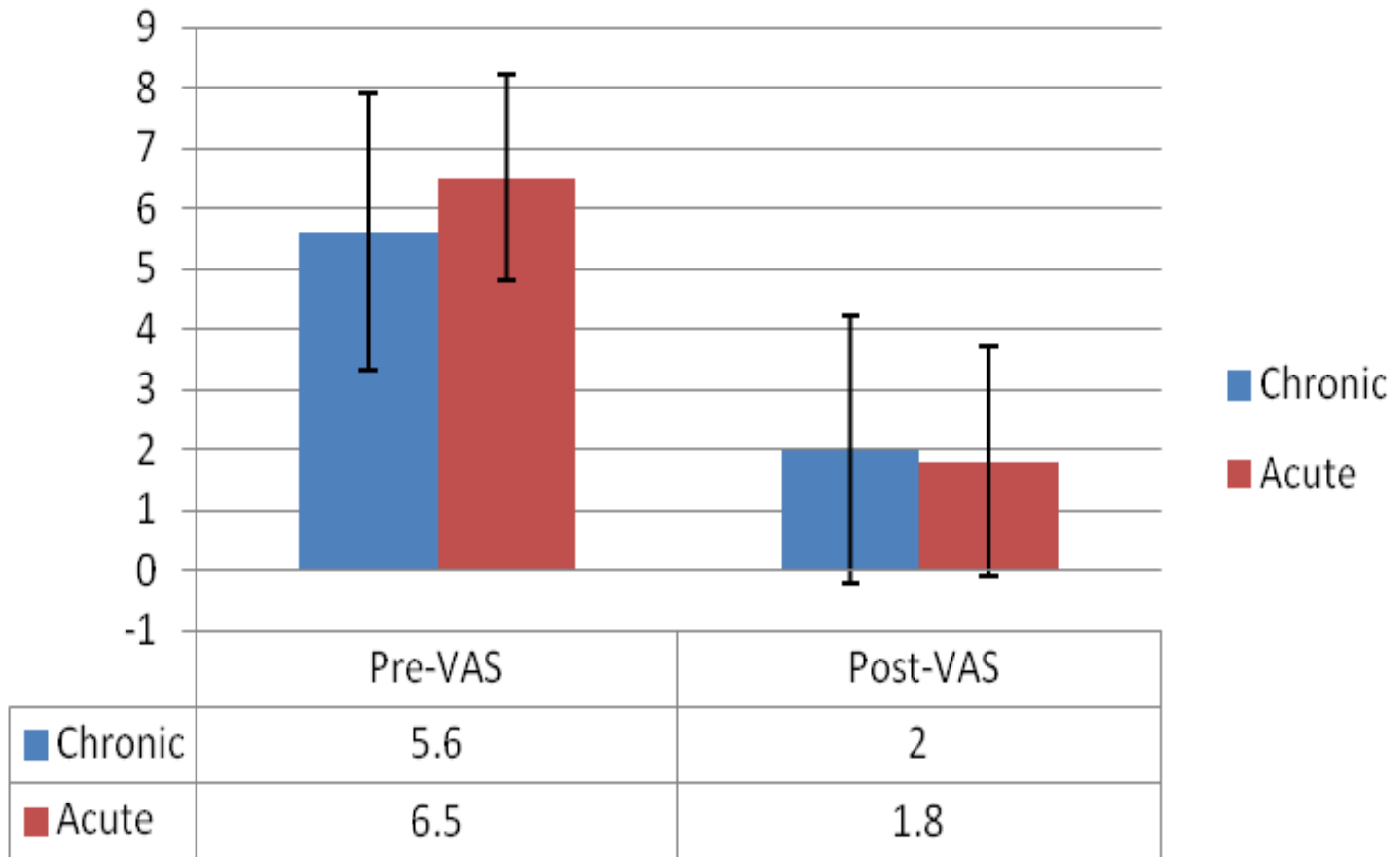
Post-Operative PROs



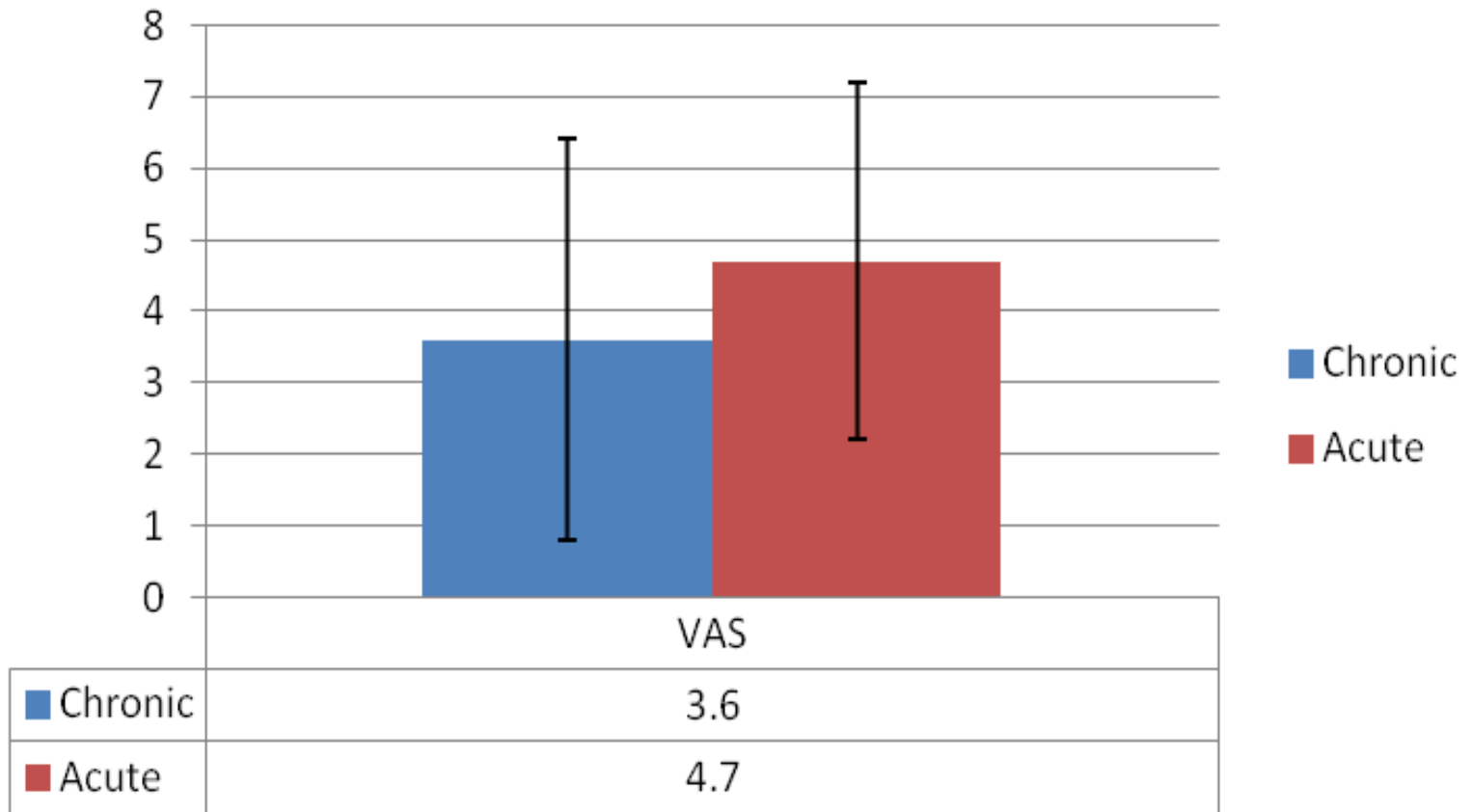
	mHHS	NAHS	HOS-SSS
■ Post-Chronic	84.2	88.5	80.3
■ Post-Acute	83.6	87.5	76.9

■ Post-Chronic
■ Post-Acute

VAS



VAS delta



Results

- Overall revision rate: 12%
 - 29% in acute group
 - 7.6% in chronic
- Reasons for revision
 - Re-injury
 - Capsular rupture
 - Non-absorbable suture material
- All had significant improvement post revision

Conclusions

- Largest prospectively collected study on hip arthroscopy in adolescents
- Comparable improvements in PROs in both acute and chronic presentations
- Higher reoperation rate in acute group.
- High demand patient population
- Re-injury is common