Long Term Outcome of Osteochondroplasty in Patients over 60 years of Age with Preserved Joint Space

Suenghwan Jo[1], John O'Donnell[2]

[1]Department of Orthopaedics, Chosun University Hospital

[2]Hip Arthroscopy Australia

hip arthroscopy AUSTRALIA

CHOSUN UNIVERSITY HOSPITAL

Disclosure

- Suenghwan Jo
  - Nothing to disclose

- John O’Donnell
  - Nothing to disclose

Aim

- Report long term outcome (minimum 5 year follow up) of arthroscopic osteochondroplasty of femur in patients older than 60 years with preserved joint space

- Find the factors leading to poor outcome

Subjects

1997 patients operated between
December 2005 and November 2009

Exclusions

Patients under 60

Pincer type dominant lesion

Abnormal bony morphology (dysplasia)

Joint space < 2mm

Previous operation hx

39 patients

hip arth
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Subjects

- 7 lost before 5 year follow up (2 died)
- 2 patients on the contra lateral side (latter case excluded)

- Remaining : 30 hips in 30 patients
  - Male to female 19 : 11
  - Mean age 65.8 years (60 to 78 years)
  - Mean follow up 85 months (61 to 112 months)

- **Preoperative diagnosis**

  Predominantly cam type FAI

  → A/S osteochondroplasty

- **Operative findings**

  Moderate to Severe synovitis : 22

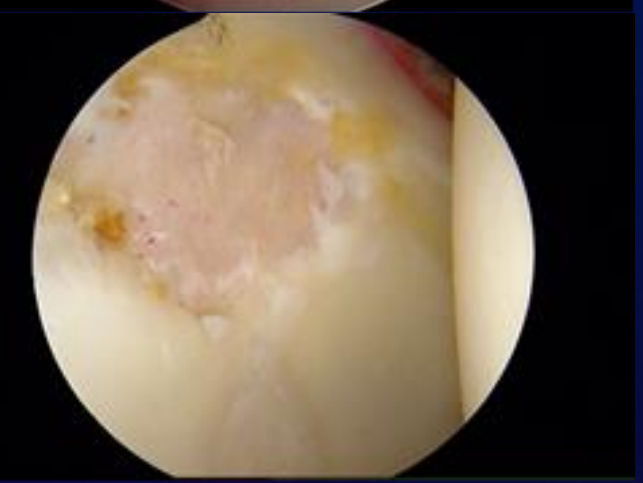
  -> Synovectomy

  Labral tear : 16 -> Debridement

  Ligamentum teres tear : 2

  → Debridment

  Loose body : 1 → Removal



- Chondral injury : 15

  Acetabulum

  - Chondral delamination : 3
  - Chondral defect < 25% : 3
  - Chondral defect > 25% : 9

  Femoral head

  - Fraying : 2
  - Chondral defect : 3

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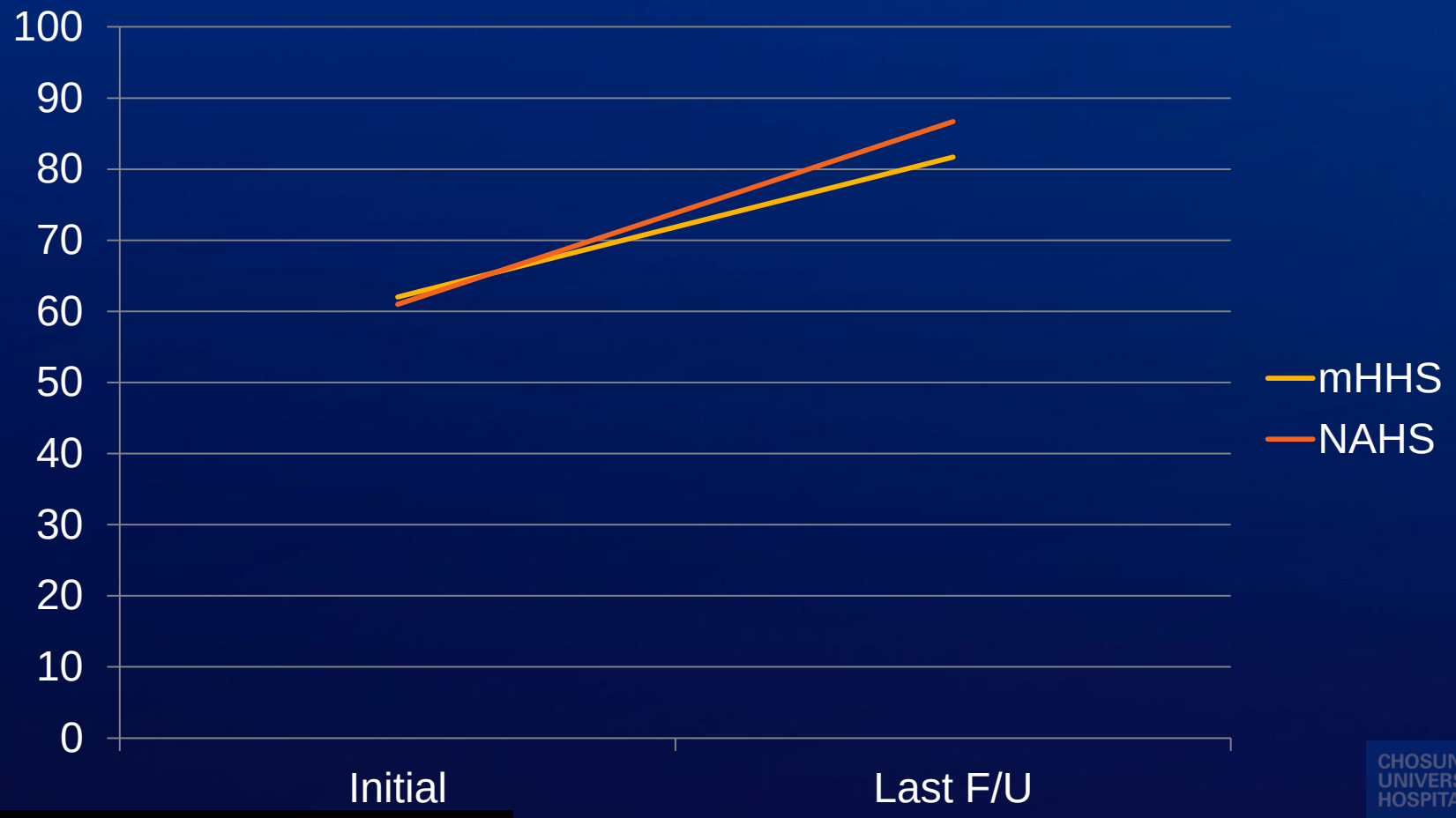
Outcome I - Reoperations

- 9 patients - conversion to hip arthroplasty (mean 17 months)

- 4 patients - additional hip arthroscopy

  (mean 20 months)

Outcome II (n= 17) : Clinical outcome scores



What factors lead to THA conversion?

Factors	Patients requiring THA N = 9	Patients not requiring THA n= 21	Comparison
Age	64	67	0.5643
Gender (% male)	57	67	0.6754
Preop NAHS	59	63	0.4565
Preop mHHS	57	62	0.5975
Labral tear	11	5	0.0991
Chondral lesion (>25%)	8	1	**<0.0001**

What factors lead to poor outcome?

Factors	Patients Unsatisfied* N = 14	Patients satisfied N = 16	Comparison
Age	65	67	0.6432
Gender (% male)	62	65	0.4675
Preop NAHS	59	64	0.5478
Preop mHHS	58	62	0.6238
Labral tear	12	4	0.0785
Chondral lesion (>25%)	9	0	**<0.0001**

*Unsatisfied : Patient who had subsequent operation on the same leg or unsatisfied with the result

Conclusion

1. Arthroscopic osteochondroplasty to treat cam impingement in older age group can be benefical
2. However, presence of acetabular or femoral head chondral damage can lead to poor outcome.
3. We recommend precious preoperative assessment of joint cartilage in this age group

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