Clinical Evaluation of Arthroscopic Treatment of Femoroacetabular Impingement in Patients older than 50 years


Department de Orthopaedic Surgery
Pontificia Universidad Católica de Chile
Santiago, Chile.
Disclosures

• Pedro Pablo Amenabar E. MD
  I have no financial relationships to disclose.
• Jorge Cuellar G. MD
  I have no financial relationships to disclose.
• Carlos Cabello C. MD
  I have no financial relationships to disclose.
• Joaquín Valenzuela V. MD
  I have no financial relationships to disclose.
• Augusto Aliaga P. MD
  I have no financial relationships to disclose.
• Daniel Schweitzer F. MD
  I have no financial relationships to disclose.
Introduction

• Hip osteoarthritis
  • Primary / Idiopathic
  • Secondary

• Femoroacetabular impingement (FAI)
  • Appears as a new etiology of hip osteoarthritis
  • Gives explanation to numerous cases previously considered as idiopathic
  • Usually described in young adults
  • Limited literature describing results of arthroscopic treatment in patients older than 50 years
Purpose of the Study

Demonstrate arthroscopic treatment as a useful tool in treatment of FAI in patients older than 50 years without significant degenerative changes in the preoperative imaging study.
Hypothesis

- Patients submitted to arthroscopic surgery for the treatment of FAI will experience a clinical improvement that will be reflected in the modified Harris Hip Score after the procedure.

- There will be a high satisfaction rate with the procedure, expressed in the willingness of the patients to undergo to the same arthroscopic procedure.
Materials and Methods

• Restrospective study
  • Patients operated between September 2005 and November 2011
  • Electronic clinical records
  • Telephone survey
    • Modified Harris Hip Score
    • Patient satisfaction with the procedure

• Inclusion criteria
  • Patients over 50 years-old.
  • Patients undergoing hip arthroscopy with diagnosis of FAI
  • Minimum two months follow-up
  • No degenerative changes in the preoperative imaging study
Results

- 31 patients (23 females, 8 males)
- Median ages: 56 years (50-77)
- Median follow-up: 38 months (5-76)
Results

Surgery performed

- Acetabular rim trimming
- Femoral osteoplasty
- Acetabular rim trimming + femoral osteoplasty
- Acetabular rim trimming + femoral osteoplasty + microfracture

58.1%
19.3%
12.9%
9.7%
Results

Labral Management

- 71% Debridement
- 29% Reinsertion
Results

Modified Harris Hip Score

Preoperative
Postoperative
• Patient Satisfaction with the procedure

Patients would accept the arthroscopic treatment in the other hip if symptomatic.

- Yes: 80.6%
- No: 19.4%

Patients would repeat the procedure on the same hip.

- Yes: 83.1%
- No: 16.9%
Conclusion

- Arthroscopic treatment of FAI in patients older than 50 years without significant degenerative changes according to preoperative imaging study, is a successful therapeutic alternative in the short to median term, improving functionality in a significant manner and with a high patient perceived benefit.
References


