



Hip Arthroscopy vs THA: Clear as Mud

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OREGON
ASSOCIATION OF
ORTHOPAEDIC SURGEONS

DISCLOSURES

Personal stock in Stryker Corporation

About My Practice

- 99% Hips
 - 50% Hip Arthroscopy
 - Labral tear, FAI...
 - 50% THA
 - Robotic Assisted
 - 50% Trochanteric Bursitis.....



Random Fact

- What is the probability of a deck of cards being shuffled the same way in terms of atoms?
- Amount of atoms in a cup, in a gallon?
- More than the amount of atoms in the earth!

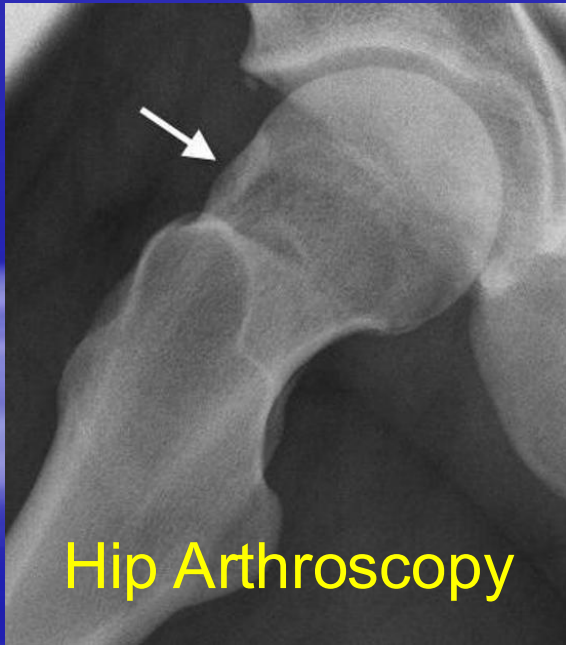


Causes of Hip Pain

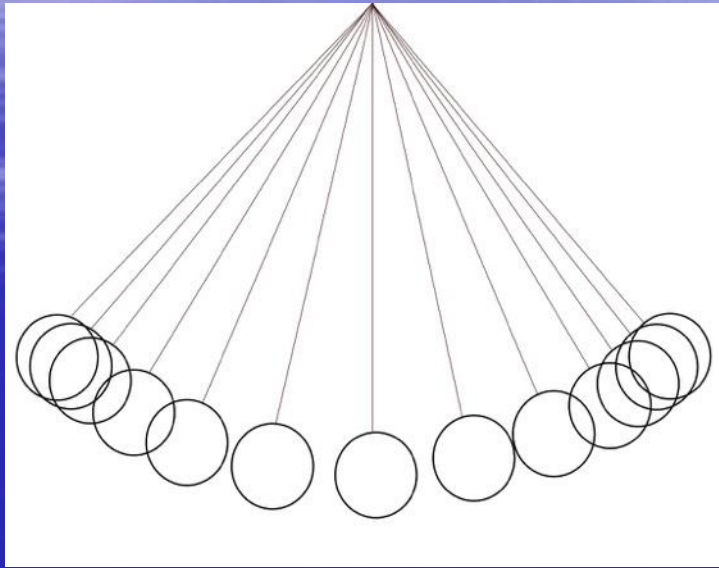
- Adductor Strain or Adductor Tendinitis (Groin Pull)
- Pubic Instability
- Osteitis Pubis
- Myositis Ossificans
- Sports Hernia
- Groin Disruption
- Iliopsoas Strain or Iliopsoas Bursitis
- Snapping Hip syndrome
- Femoral Neck Stress Fracture
- Pubic Ramus Stress Fracture
- Avulsion Fracture
- Nerve entrapment
 - Genitofemoral nerve entrapment
 - Lateral Femoral Cutaneous Nerve Entrapment
 - Ilioinguinal Nerve Entrapment
 - Obturator Nerve Entrapment
- General
 - Inguinal Hernia
 - Inguinal Lymphadenopathy or lymphadenitis
 - Lumbar Disc Disease with L1-2 radiculopathy
 - Nephrolithiasis
 - Abdominal Aortic Aneurysm
 - Appendicitis
 - Diverticulitis
 - Inflammatory Bowel Disease
 - Malignancy
 - Women
 - Ovarian Cyst
 - Urinary Tract Infection
 - Pelvic Inflammatory Disease
 - Men
 - Epididymitis
 - Hydrocele
 - Varicocele
 - Prostatitis
 - Testicular Cancer
- Musculoskeletal causes of groin or hip pain
- Bone Causes
 - Hip Fracture
 - Femoral head avascular necrosis
 - Cancer (primary site or metastases)
- Joint Causes
 - Hip Osteoarthritis
 - Labral Tear
 - Femoroacetabular Impingement
 - Septic Arthritis
 - Gouty Arthritis
 - Osteoid Osteoma
 - Osteitis Pubis
- Muscle or tendon Causes
 - Iliotibial Band Syndrome
 - Trochanteric Bursitis
 - Iliopsoas Bursitis
 - Piriformis Syndrome
 - Myositis Ossificans
- Neurologic Causes
 - Lumbar Disc Disease
 - Lumbar Spinal Stenosis
 - Coccygodynia
 - Meralgia Paresthetica (see nerve entrapment above) Pediatric Causes (under age 10 years)
 - See
- Pediatric Limp
 - Legg-Calve-Perthes Disease
 - Septic Joint
 - Toxic Synovitis
 - Adolescent causes
 - Slipped Capital Femoral Epiphysis
 - Hip Avulsion Fracture
 - Adult causes (See causes below)
 - Osteoarthritis of femoral head
 - Avascular necrosis of the femoral head
 - Acetabular labral tear

The Easy Ones

- 20yo with less than one year of pain and FAI
- 70yo with 5 years of chronic pain



The Reality



Hip Arthroscopy vs THA

Hip Arthroscopy

- Young patients
- Labral tears
- FAI
- Loose bodies
- No Arthritis

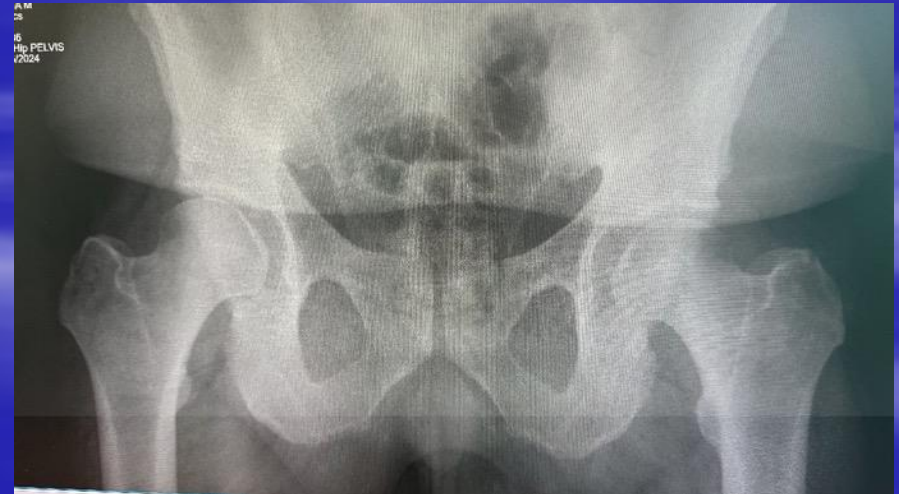
THA

- Elderly patients
- Arthritis
- AVN
- Dysplasia



The Hard Ones

- 64yo with left hip pain
- Xrays show acetabular subchondral cyst
- 38yo with bilateral hip pain
- Xrays show acetabular subchondral cysts



HPI

■ Hip Arthroscopy

Younger



Age



Not Stiff



Stiffness



Catching



Mechanical



Anterior Hip



Area



No OA



Family History



None



Prior Surgery



Recent



Onset



■ THA

Older

Stiffness

No Mechanical

Inner Groin

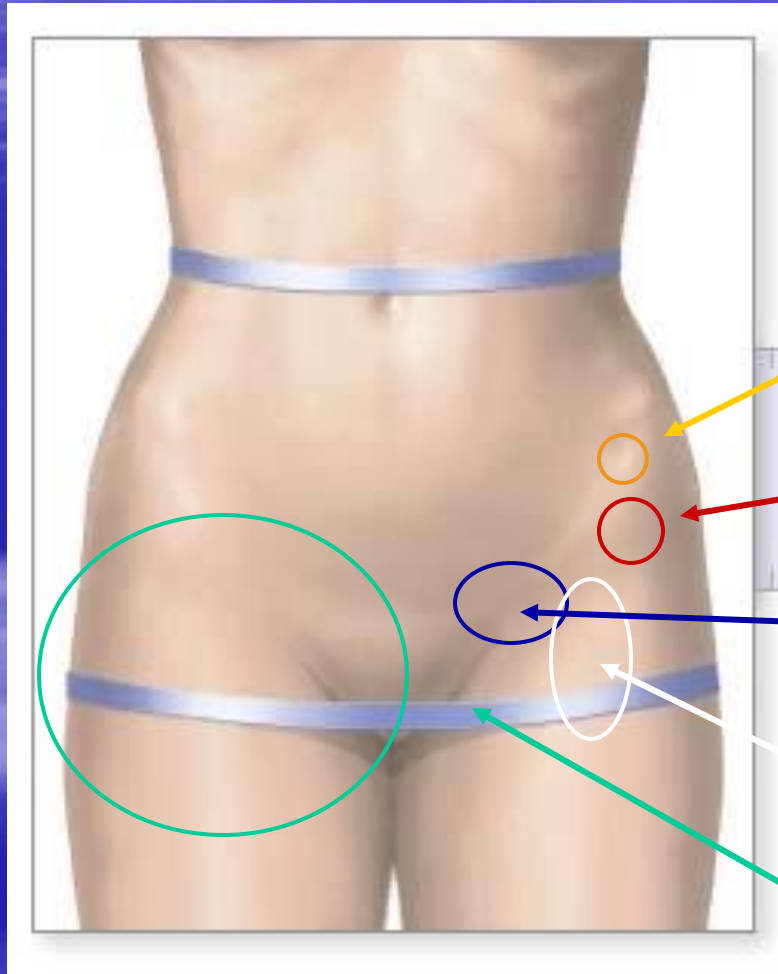
Family History

Yes

Chronic



Areas of Pain



ASIS (Home Base)

Labral/FAI Pain

Athletic Pubalgia/
Osteitis Pubis

Iliopsoas/Snapping Hip

Arthritis

Exam

■ Hip Arthroscopy

Normal

Normal/Decreased IR

Pain with FADIR

Minimal with Flexion

Absent



Gait

ROM

Pain

Weakness

Crepitus



■ THA

Limp, Short Stride

Decreased

End ROM

Significant with Flexion

Present



Diagnostic Tests

■ Hip Arthroscopy

Normal, FAI

Preserved Cartilage

Absent

Absent or Small

Relief



Xrays

MRI

Edema

Subchondral cysts

Diagnostic Injex



■ THA

Joint Narrowing

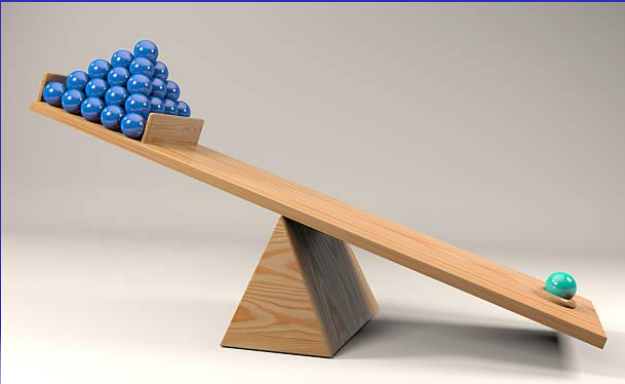
Cartilage Loss

Present

Diffuse

Relief

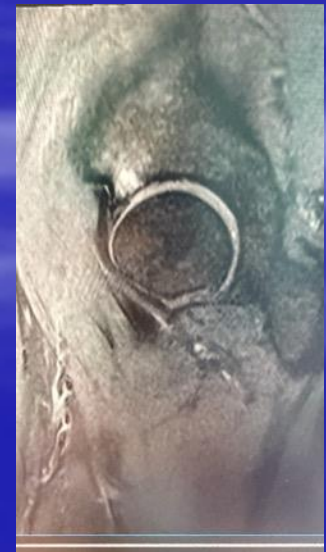
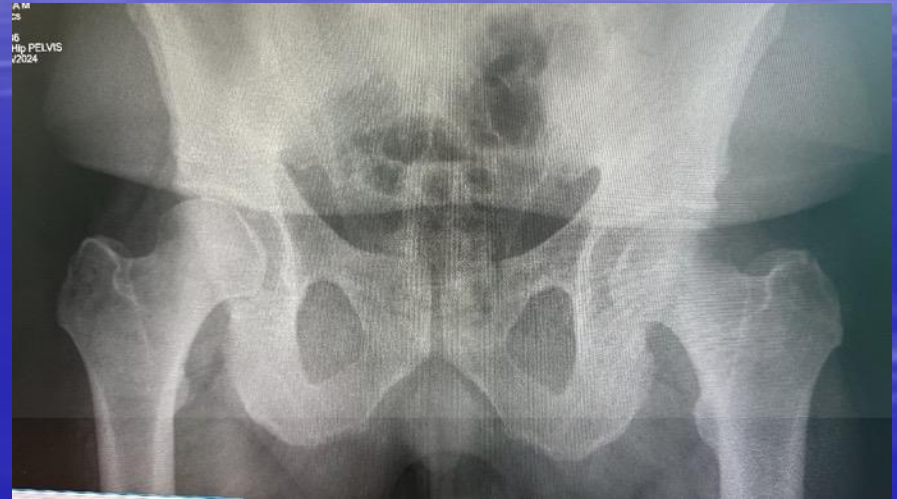




- Large subchondral cyst
- Kissing subchondral edema
- Early degenerative changes and significant stiffness
- Need highly successful and predictable surgery

What To Do?

- 38yo active and healthy male with left hip pain with activity
- Full ROM
- MRI shows early edema and subchondral cyst formation

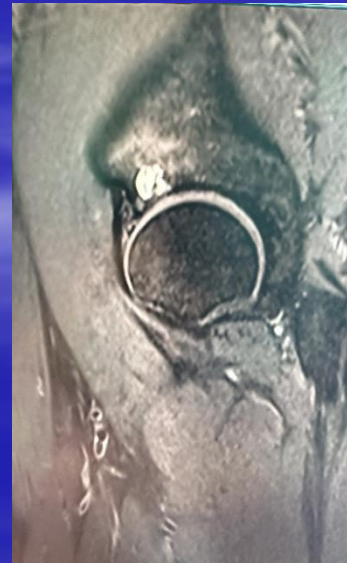


Hip Arthroscopy

- Hip AS with subchondroplasty
- 1y later complete resolution of left hip pain



Now having right hip pain...



What To Do?

- 64yo male with off/on pain for 5 years sent for Hip AS evaluation
- Stiff with ER and IR
- Mild pain at end ROM
- Mild hip dysplasia
- Mildly limited with QOL activities



THA

- MRI shows large subchondral cysts and mild degenerative changes

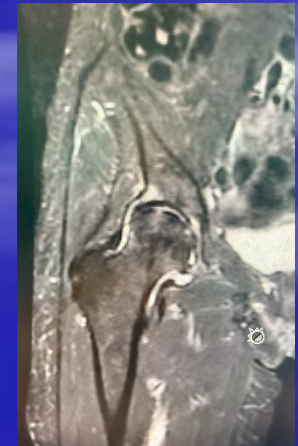
THA when ready



What To Do?

- 71yo with chronic hip pain for 10 years
- ROM symmetric
- Weak with hip flexion
- Mild limp

■ **THA**



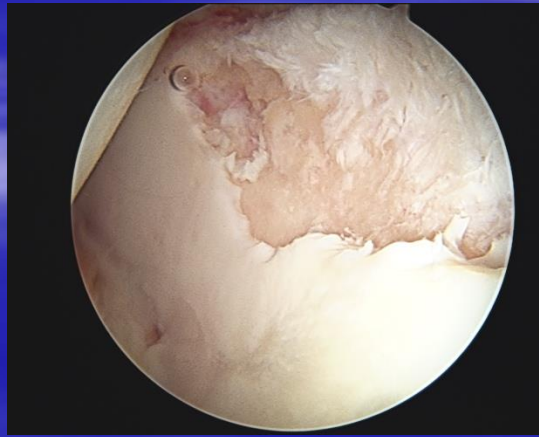
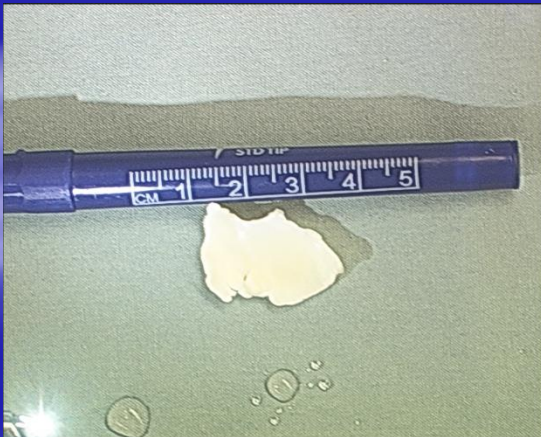
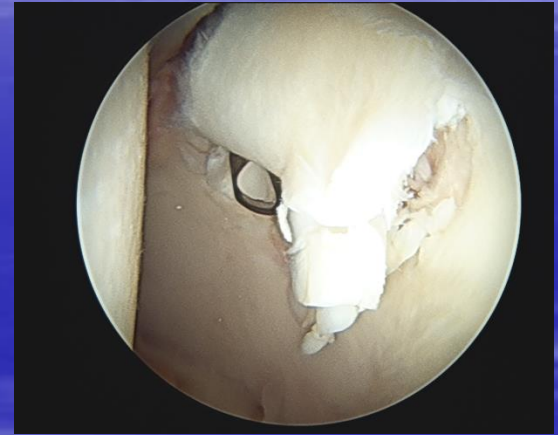
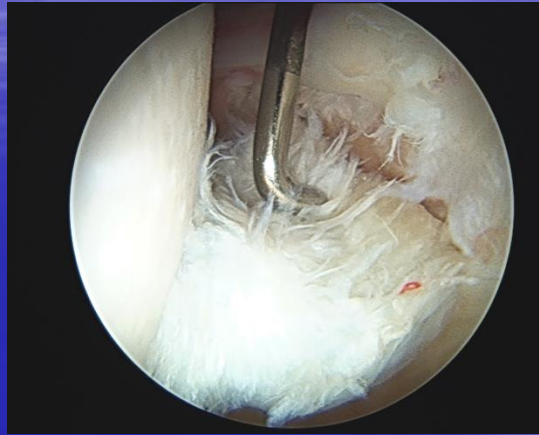
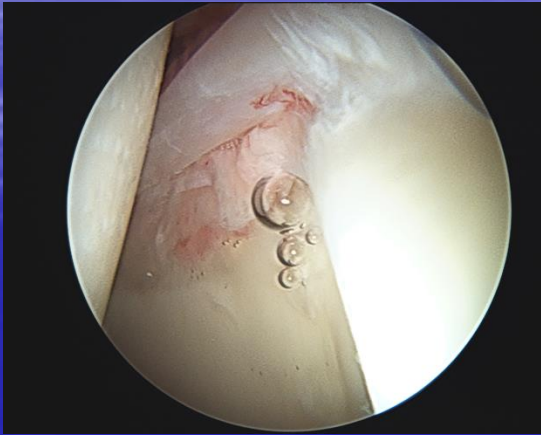
Who do I Worry About?

- Active teenagers with pain
- Large CAM Lesion
- Decreased motion
- Episodes of Instability
- Unable to participate in their favorite sports
- **Urge Surgery ASAP!!**



20yo
male.
Can't do
any
activities.
Pain with
sitting,
flexion.

20yo With Severe CAM



Conclusion

- Often no clear answer
- Need to take into account HPI, Exam and Studies
- Be more aggressive with Hip Preservation in younger patients
- Be more aggressive with THA in older patients



Please feel free to call, text, refer or email me

If You Have Any Questions...



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Thank You!!