

hygeia

An Algorithmic
Approach to the injuries
and pathology of the
non-arthritic hip

Center for Hip Arthroscopy

A.V. PAPAVASILIOU BSc, MD, PhD

**ESSKA-EHPA Vice Chair 2022-4** 

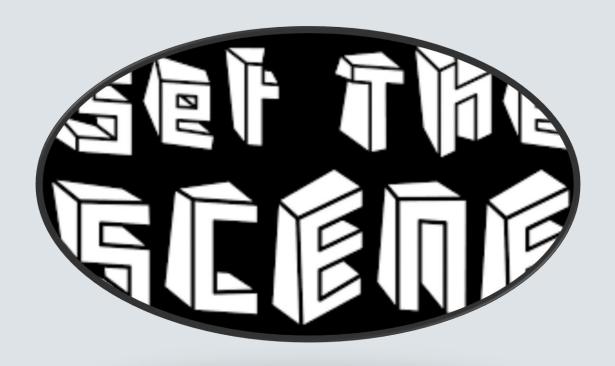


#### **Disclosures**

- Consultant ConMed
- ConMed EMEA Hip Arthroscopy Training Centre
- Consultant Smith & Nephew

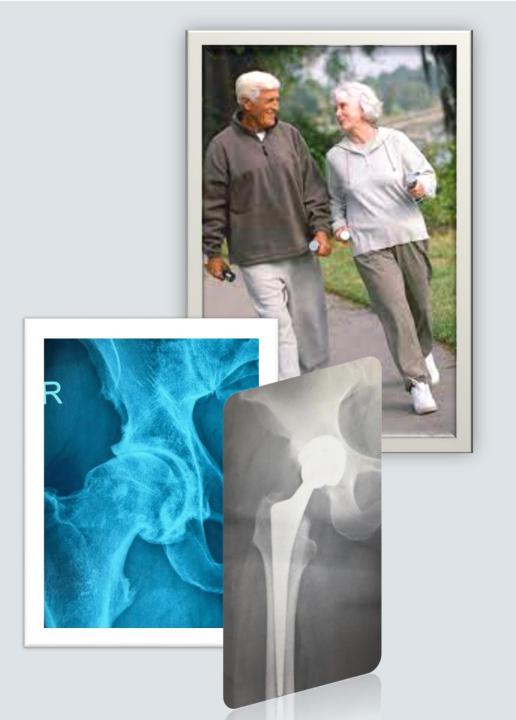






Center for Hip Arthroscopy







### 14-65



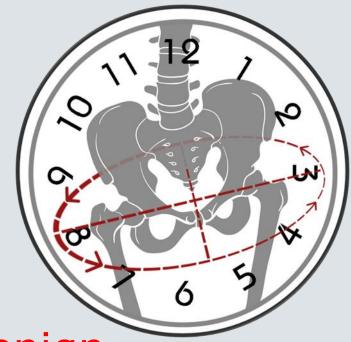




#### CORRECT clinical DIAGNOSIS can be difficult:

- -Variable history
- -Clinical Examination not conclusive
- -Multiple pathologies with similar clinical signs or nonspecific symptoms
- -Imaging is not always conclusive





- Which symptoms are benign
- Intra or Extra articular origin



Table 1	Differential	diagnosis	of:	pain a	round	the	hip i	oint
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#### Intra-articular causes

#### Extra-articular causes

Labral tears

Chondral injury

Ligamentum teres tears

Femoroacetabular impingement (cam, pincer, or combined) Synovitis Loose bodies—tumors (SOC, PVNS, OCD, DJD, and AVN) Extra-articular bony impingement Trochanteric-pelvic impingement Ischio-femoral impingement Subspine impingement

Capsular problems Capsular laxity or atraumatic instability Adhesive capsulitis Snapping hip Internal (iliopsoas over iliopectineal eminence, FH, or LT) External (posterior border of ITB or anterior GM tendon over GT) Snapping bottom (proximal hamstring over ischial tuberosity) Lateral hip pain Recalcitrant trochanteric bursitis Gluteus medius and minimus tears Piriformis syndrome/deep gluteal syndrome Pubic pain Osteitis pubis Athletic pubalgia/sports hemia/Gilmore's groin Sacroiliac joint pain Myotendinous injuries about the hip and pelvis Proximal adductor Rectus femoris Proximal hamstring Avulsion injuries (ASIS, iliac crest, AIIS, pubis, ischial tuberosity, GT, and LT) Stress fracture Nerve compression syndromes



# **History**

- Mechanism of Injury if any
- Duration of pain
- -Location of pain

Primary / referred



- Aggravating activities
- -sitting, walking, standing, sport
- Mechanical symptoms
- -clicking, catching, locking, giving way (psoas, ITB)
- Paediatric Orthopaedic history
- Previous surgery
- -hip, hernia, spine
- Medication
- Physical therapy (duration, where, improvement)

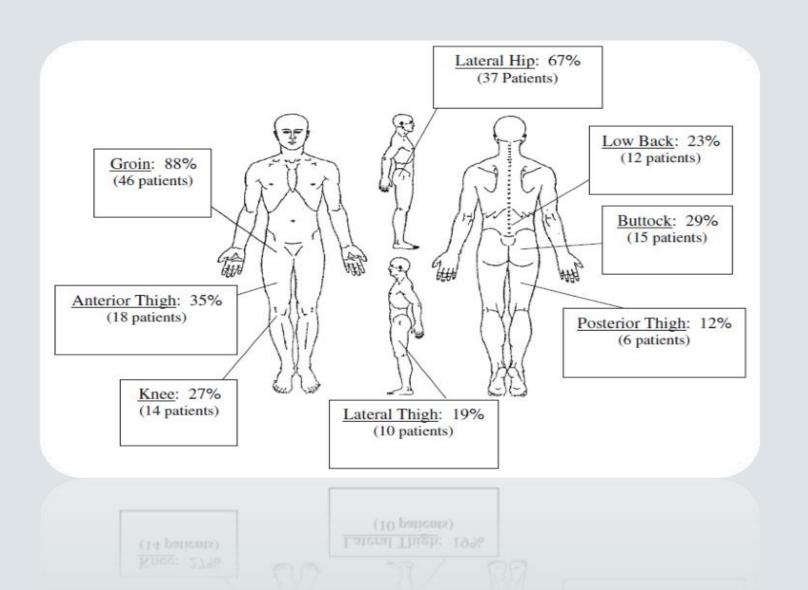


### **CLINICAL EXAMINATION**











### Examination

- Antalgic Gait
- Trendelenburg's +ve
- Single Leg Hop Test +ve
- Restriction in ROM
- Positive Impingement test
- FABER Test





Arthroscopy: The Journal of Arthroscopic and Related Surgery, Vol 26, No 2 (February), 2010: pp 161-172

The Pattern and Technique in the Clinical Evaluation of the Adult Hip: The Common Physical Examination Tests of Hip Specialists

Hal D. Martin, D.O., Bryan T. Kelly, M.D., Michael Leunig, M.D., Marc J. Philippon, M.D., John C. Clohisy, M.D., RobRoy L. Martin, Ph.D., P.T., C.S.C.S., Jon K. Sekiya, M.D., Ricardo Pietrobon, M.D., Ph.D., Nicholas G. Mohtadi, M.D., Thomas G. Sampson, M.D., and Marc R. Safran, M.D.

There are variations in the testing that hip specialists perform to examine and evaluate their patients, but there is enough commonality to form the basis to recommend a battery of physical examination maneuvers that should be considered for use in evaluating the hip.

### Minimum Clinical Exam

pelvis stable

```
Superolateral impingement
Limp (Yes
                    No )
                                            (Anterolateral pain with flexion /
BMI
                                            ER)
ROM:
                                            Trochanteric Pain Sign
    IR @ 90 degrees flexion
                                            (Posterolateral pain in FABER)
    Flexion
                                            Lateral Rim Impingement (Pain
    External Rotation
                                           with abduction)
    Extension
                                            Instability (Extension / ER with
    Abduction in supine position
                                           Anterior Pain)
    Craig's Test
                                            Posterior Impingement
                                            (Extension / ER with Posterior
Provocative Pain
                                            Pain)
    Impingement (FADIR)
                                            Ischio-Femoral Impingement
    Sub-Spine Impingement Sign
                                            Sign (Post pain with Ext / IR)
    (Anterior Pain with Flexion)
```



- Perls
- -Check Iliopsoas (SI and LB involvement)
- -RoM

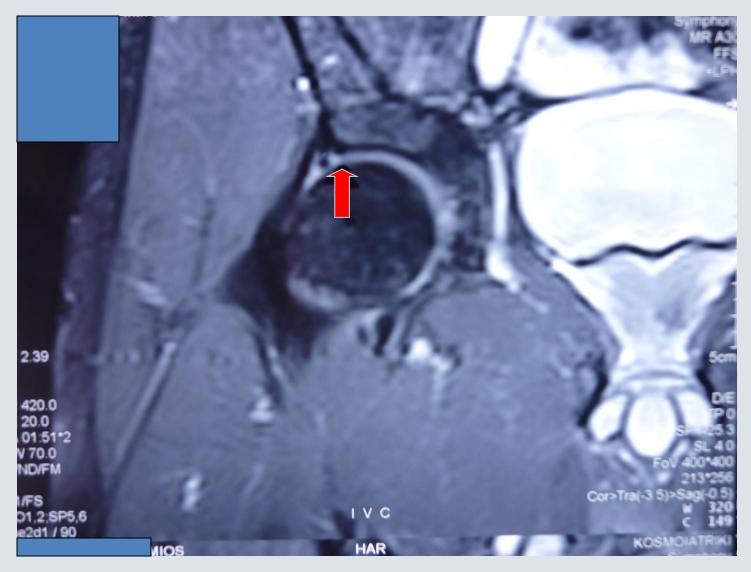
restriction / hyperlaxity

(xray)

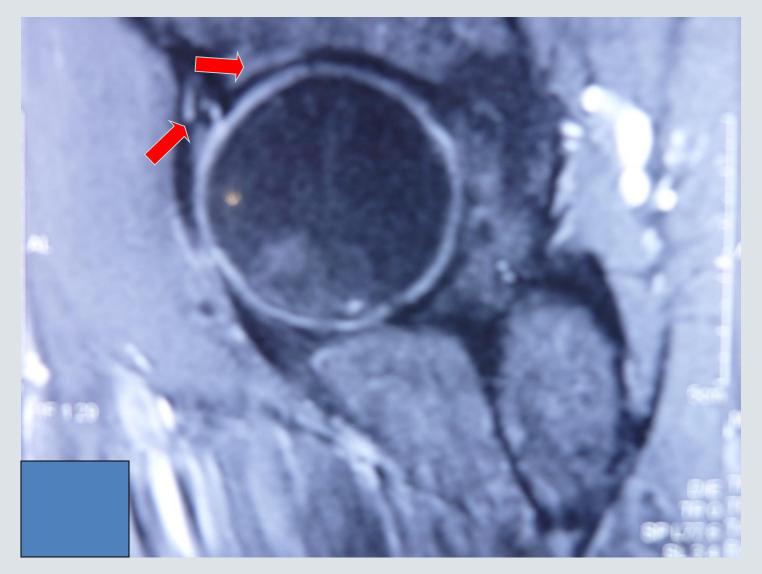










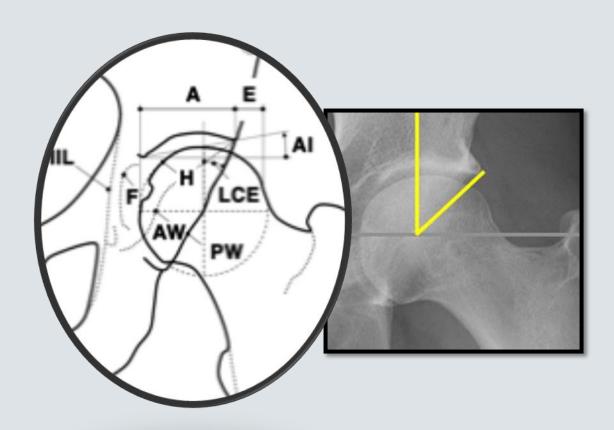


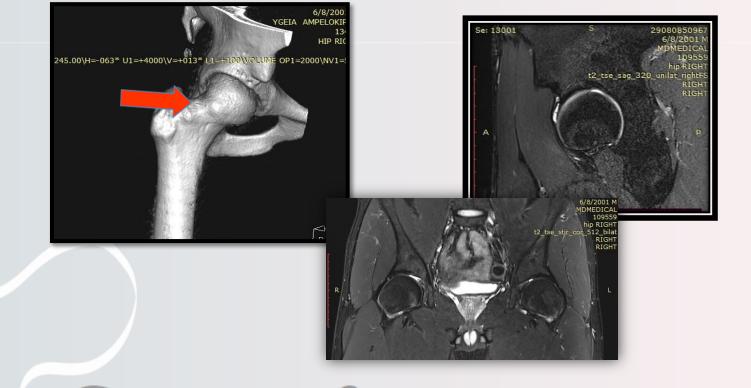


### Lateral center edge angle

#### •Lateral center edge angle

- •Normal is between 25 and 39 degrees
- •Increases with deeper acetabulum and more overcoverage







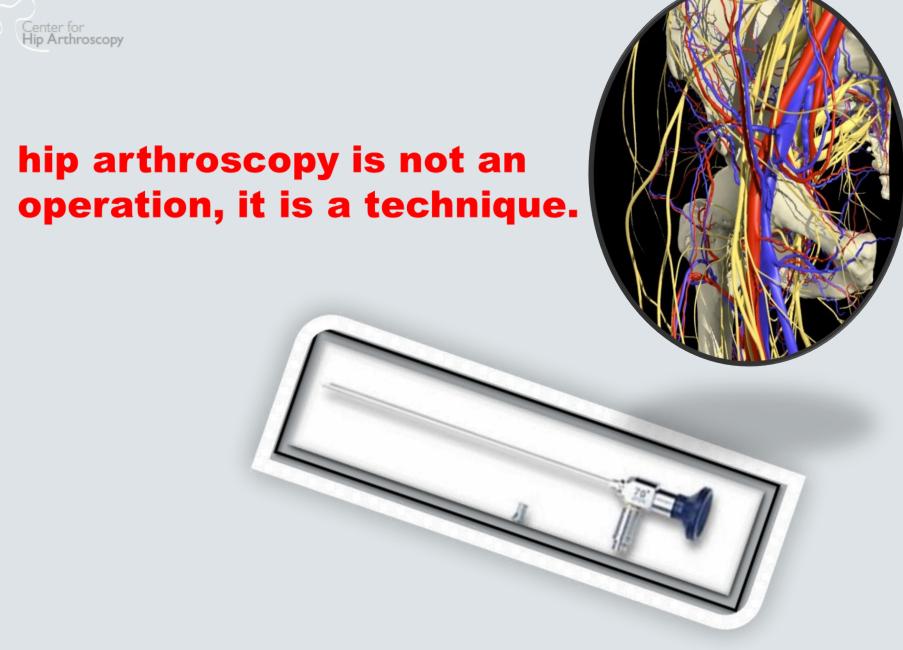
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245.00\H=-005\* U1=+4000\V=-028\* L1=+100\V

Editorial Commentary: Treating Hip Impingement Without a Computed Tomography Scan? You Might as Well Operate With a Blindfold

Tigran Garabekyan, M.D., and Omer Mei-Dan, M.D.







# **FAI**



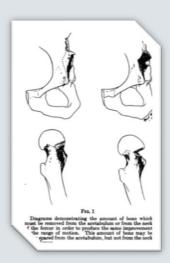


TREATMENT OF MALUM COXAE SENILIS, OLD SLIPPED UPPER FEMORAL EPIPHYSIS, INTRAPELVIC PROTRUSION OF THE ACETABULUM, AND COXA PLANA BY MEANS OF ACETABULOPLASTY\*

BY M. N. SMITH-PETERSEN, M.D., BOSTON, MASSACHUSETTS Chief of Orthopaedic Service, Massachusetts General Hospital; Clinical Professor of Orthopaedic Surgery, Harvard Medical School

In February 1935 a patient, aged fifty-five, was admitted to the Orthopaedic Ward of the Massachusetts General Hospital with the diagnosis of "bilateral intrapelvic protrusion of the acetabulum". The case was discussed on ward rounds and the general opinion was that nothing could be done for this patient, and that she would have to adapt her life to the hip-joint condition. This did not seem a constructive attitude, and the patient was allowed to stay on the ward in the hope that some operative procedure might be developed which would give her relief from pain.

The question to be answered was this: "What is the source of this patient's pain?" The answer was: "The impingement of the femoral neck on the anterior acetabular margin". Such impingement would result in "traumatic arthritis" with characteristic changes of the joint surfaces as well as of the synovia. Since the joint surfaces have no nerve





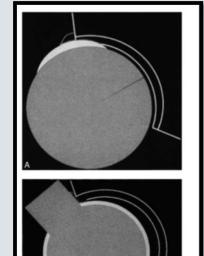


Fig 1A-B. A schematic presentation shows the mechanism for cam and pincer impingement. (A) Cam impingement shows the nonspherical portion of the femoral head abutting against the acetabular rim during hip flexion leading to chondral abrasion and labral detachment. (B) Pincer impingement shows the linear contact between the acetabular rim and the femoral head-mack junction. The femoral head may have normal morphologic features and the impingement is the result of acetabular ahommality. The first structure to fail in this situation is the acetabular labrum. The persistent anterior abutment with chronic leverage of the head in the acetabular may result in chondral injury in the posteroinferior acetabulars.

CLINICAL ORTHOPAEDICS AND RELATED RESEARCH Number 417, pp. 112–120 © 2003 Lippincott Williams & Wilkins, Inc.

#### Femoroacetabular Impingement

A Cause for Osteoarthritis of the Hip

Reinhold Ganz, MD\*; Javad Parvizi, MD\*\*; Martin Beck, MD\*; Michael Leunig, MD\*; Hubert Nötzli, MD\*; and Klaus A. Siebenrock, MD\*

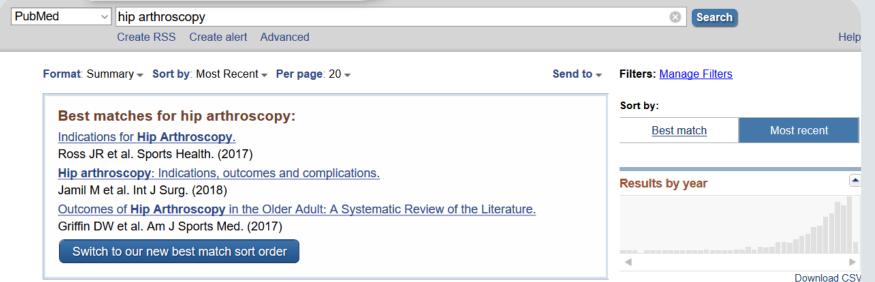
Michael Leunig, MD\*; Hubert Nötzli, MD\*; and Klaus A. Siebenrock, MD\*

It is proposed that recognition of this entity and early intervention before the degenerative process is advanced, is likely to have a considerable impact on the natural history of the disease, delaying the onset of end-stage arthritis in this young group of patients.



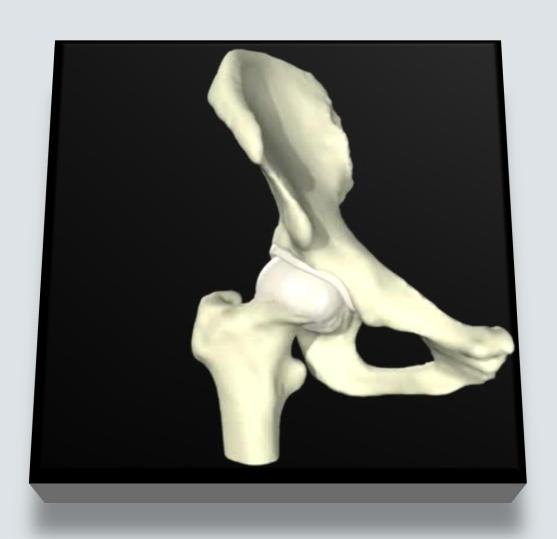


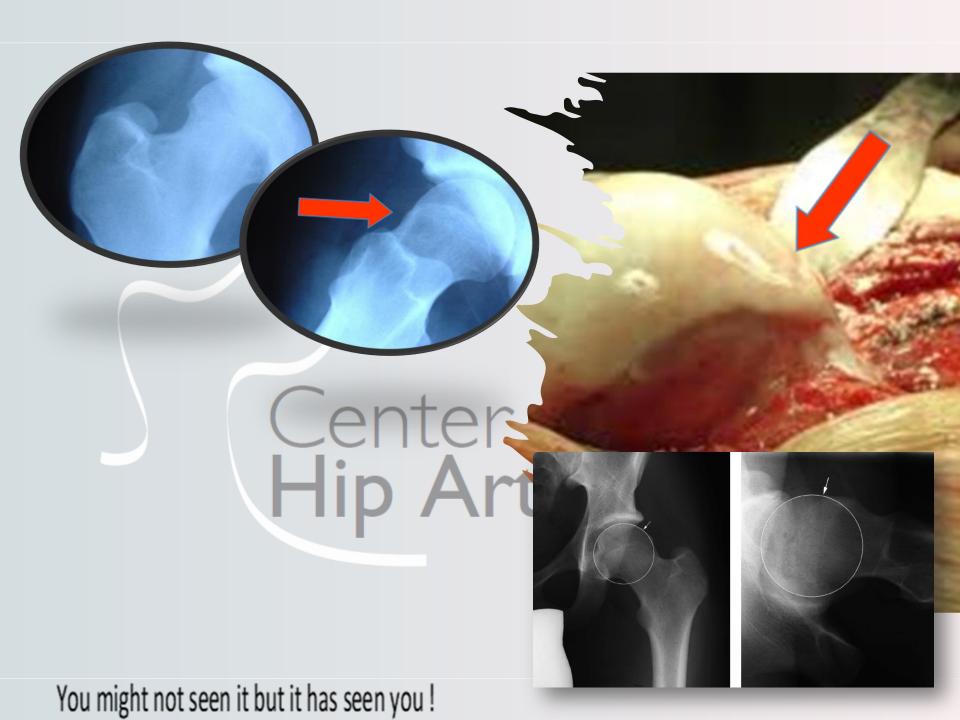






### Cam







### Pincer

- Acetabular over coverage
- Chronic leverage of the FH to Ac leading to persistent anterior abutment
- Countercoup chondral injury to posterior inferior Acetabulum



Acetabular causes of FAI

Overcoverage





Local

Retroversion

Global

Protrusio Acetabuli Coxa profunda

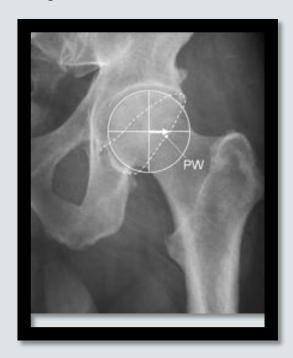


### Posterior wall sign

#### Posterior wall sign

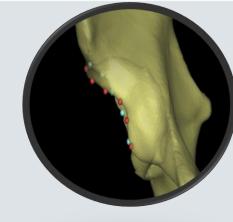
- •PW line should descend through center of femoral head
  - •Medial deficient
  - •Lateral prominent

Problem is with the Ac orientation – if posterior coverage is diminished consider **PAO** 



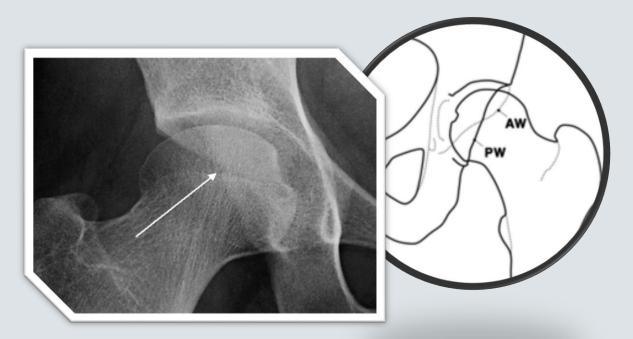


### **Anterior Overcoverage**



#### Focal anterior overcoverage

1. positive cross-over sign (Anterior rim prominence results in projected overlap with posterior wall), 2. negative posterior wall sign (PW runs thru center of rotation of FH), and 3. LCE of greater than 25 degrees





## **FAI** Treatment







# Hip arthroscopy versus best conservative care for the treatment of femoroacetabular impingement syndrome (UK FASHION): a multicentre randomised controlled trial

Damian R Griffin, Edward J Dickenson, Peter D H Wall, Felix Achana, Jenny L Donovan, James Griffin, Rachel Hobson, Charles E Hutchinson, Marcus Jepson, Nick R Parsons, Stavros Petrou, Alba Realpe, Joanna Smith, Nadine E Foster, on behalf of the UK FASHION Study Group\*

Interpretation Hip arthroscopy and personalised hip therapy both improved hip-related quality of life for patients with femoroacetabular impingement syndrome. Hip arthroscopy led to a greater improvement than did personalised hip therapy, and this difference was clinically significant. Further follow-up will reveal whether the clinical benefits of hip arthroscopy are maintained and whether it is cost effective in the long term.

Arthroscopic hip surgery compared with physiotherapy and activity modification for the treatment of symptomatic femoroacetabular impingement: multicentre randomised controlled trial

Antony J R Palmer, Vandana Ayyar Gupta, Scott Fernquest, Ines Rombach, Susan J Dutton,

Ramy Mansour,<sup>3</sup> Simon Wood,<sup>3</sup> Vikas Khanduja,<sup>4</sup> Tom Karen L Barker,<sup>1</sup> Tony J M D Andrade,<sup>5</sup> Andrew J Carr,<sup>1</sup> on behalf of the FAIT Study Group

This study suggests that arthroscopic hip surgery is superior to physiotherapy and activity modification at improving symptoms in patients referred to secondary or tertiary care with FAI syndrome

Not all patients benefit from surgery, and the decision to operate must follow a detailed discussion between patients and surgeons

The results inform management decisions made by patients, clinicians, and policymakers, but further research is required to identify patients most likely to benefit from intervention

the**bmj** | *BMJ* 2019;364:1185 | doi: 10.1136/bmj.1185



### Surgery that requires thought

- FAI is NOT painful
- It is a mechanism
- Understanding pathology and what to correct is critical Bad surgery can do as much damage to the hip as nature in years
- Be careful with bony correction it can risk dysplasia or femoral offset
- Be careful with capsular management!



#### **Surgery corrects STRUCTURES not PAIN**





#### What do we know??

1.

Data confirms link between FAI hip pain and osteoarthritis

2.

Safety and efficacy of surgery in improving symptoms and function (early-mid term f/u)

3.

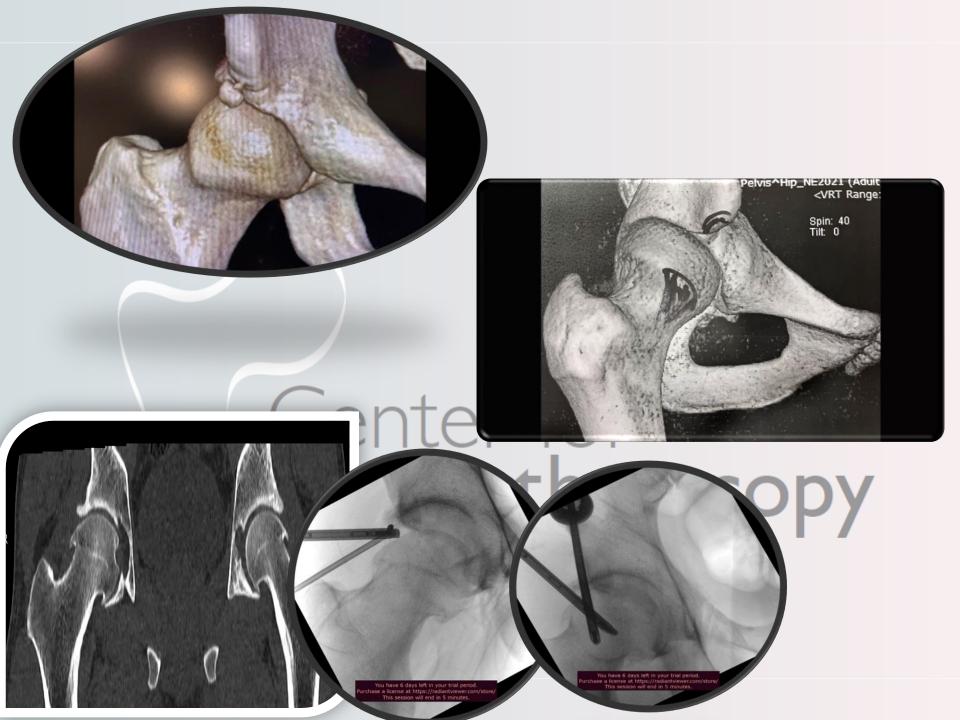
FAI is not a disease but a process by which the human hip can fail 4.

Some understanding of mechanism / Cam type deformity is not rare-It is common in asymptomatic subjects

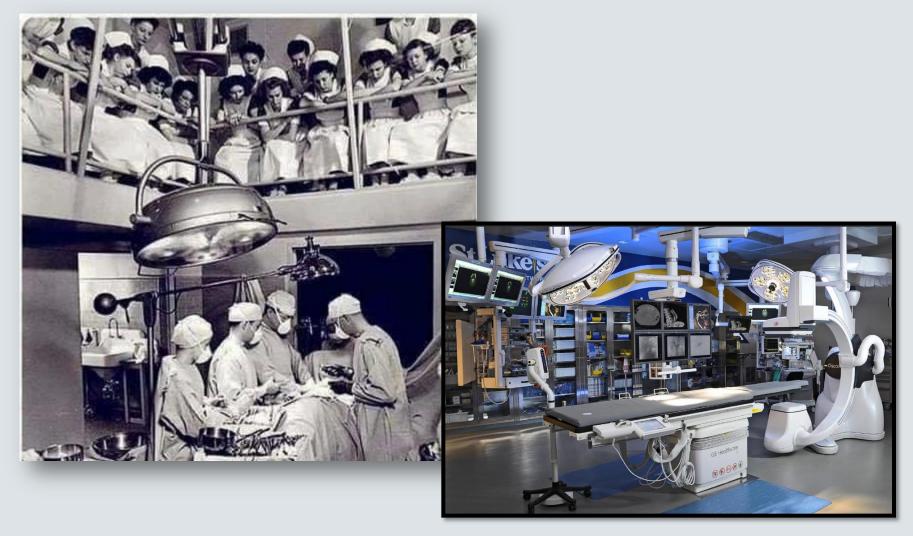
**5**.

It is not prophylactic surgery

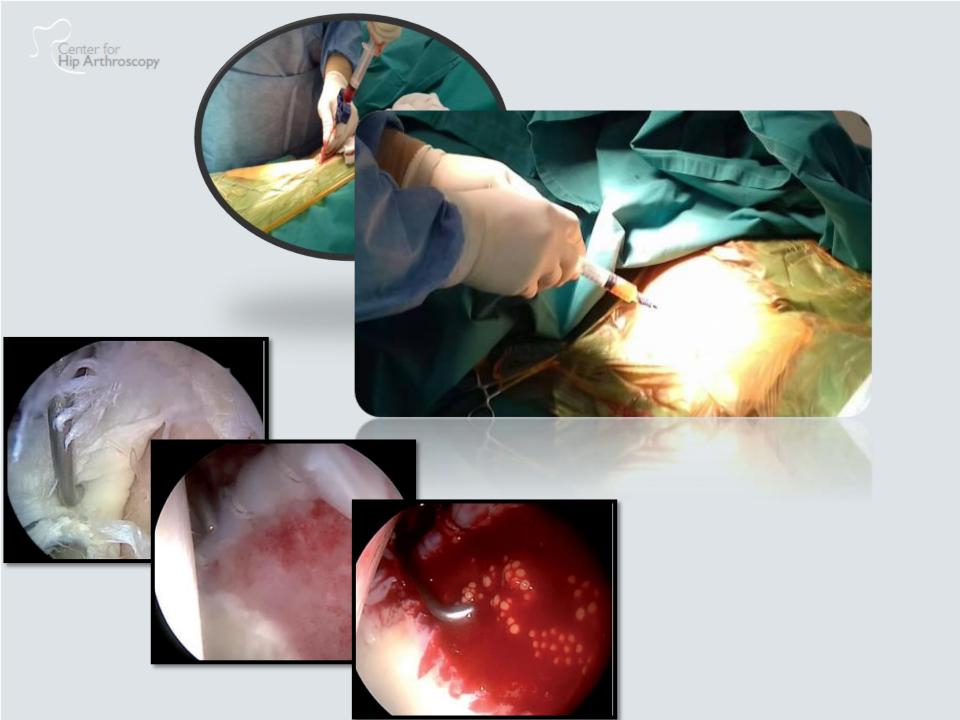
Is there a biological factor?







STATE OF THE ART



#### Picking Winners - Stratification



### Registry Outcomes

Knee Surgery, Sports Traumatology, Arthroscopy https://doi.org/10.1007/s00167-022-07042-y

HIP



Hip arthroscopy for femoroacetabular impingement is associated with significant improvement in early patient reported outcomes: analysis of 4963 cases from the UK non-arthroplasty registry (NAHR) dataset

Richard Holleyman<sup>1</sup> · Mark Andrew Sohatee<sup>2</sup> · Stephen Lyman<sup>3</sup> · Ajay Malviya<sup>2</sup> · Vikas Khanduja<sup>4</sup> · NAHR User Group



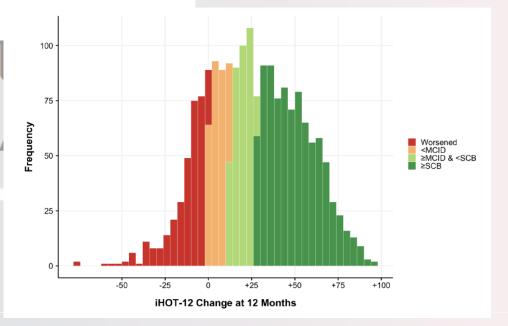
Received: 21 September 2021 / Accepted: 9 June 2022 © The Author(s) 2022

Outcomes may not be universally successful

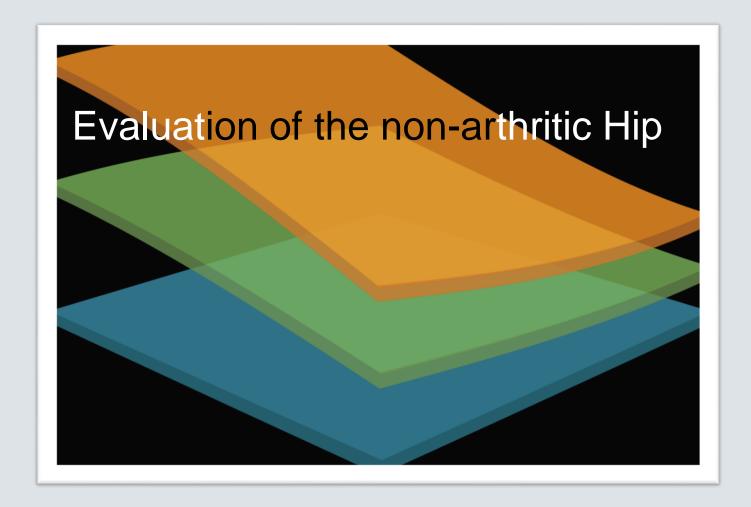
Age BMI Pincer DYSPLASIA













HSSJ (2012) 8:213-224 DOI 10.1007/s11420-012-9304-x



CURRENT TOPICS CONCERNING JOINT PRESERVATION AND MINIMALLY INVASIVE SURGERY OF THE HIP

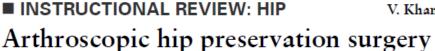
An Algorithmic Approach to Mechanical Hip Pain
The layer concept: utilization in determining the pain generators, pathology and how structure determines treatment

Peter Draovitch · Jaime Edelstein · Bryan T. Kelly

A. Bedi,

B. T. Kelly,

V. Khanduja



CURRENT CONCEPTS AND PERSPECTIVE





#### LAYER I OSSEOUS LAYER

Structures: femur, acetabulum, pelvis

Purpose: joint congruence & normal osteo/arthrokinematics

#### Developmental

-Dysplasia, femoral & acetabular version, Coxa vara - valga

#### Dynamic

-Cam impingement -rim impingement





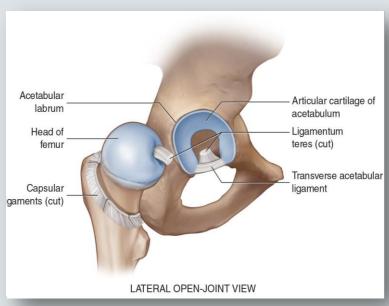
## LAYER II INERT LAYER

Structures: labrum, capsule, ligamentus complex



- -Labral tear
- -Cartilage lesion
- -Capsular (synovitis, adhesive capsulitis)







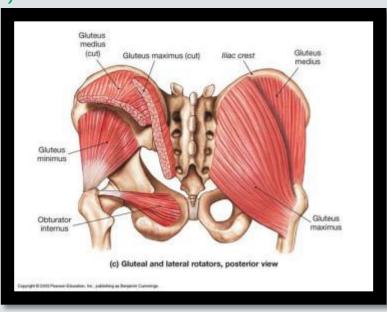
## LAYER III CONTRACTILE LAYER

Structures: all musculature (trunk and pelvic floor)-including lumbosacral

Purpose: Dynamic stability

MULTIPLE PATHOLOGIES (ACUTE OR OVERUSE)

- -athletic pubalgia
- -abductor failure/ITB pain
- -proximal hamstrings syndrome
- -Hip flexor tendinitis
- -psoas dysfunction





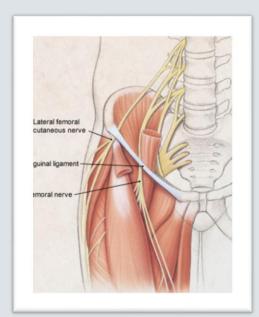
## LAYER IV NEUROMECHANICAL LAYER

Structures: TLS plexus, lumbopelvic structures

Purpose: neuromauscular linking and functional control of the entire segment as it

functions within its environment

- -nerve compression syndromes
- -pain syndromes
- -spine referral patterns





Hip muscle weakness in patients with symptomatic femoroacetabular impingement

N.C. Casartelli, N.A. Maffiuletti\*, J.F. Item-Glatthorn, S. Staehli, M. Bizzini, F.M. Impellizzeri, M. Leunig
Neuromuscular Research Laboratory, Schulthess Clinic, Zurich, Switzerland

Osteoarthritis and Cartilage 19 (2011) 816-821



FAI patients had significantly lower Max Voluntary Contraction strength than controls for hip adduction (28%), flexion (26%), external rotation (18%) and abduction (11%). TFL EMG activity was significantly lower in FAI patients compared with controls (P=0.048), while RF EMG activity did not differ significantly between the two groups (P=0.056). Demonstrate CONTRACTILE DYSFUNCTION as a result of structural pathology and pain



- Layer IV
- Layer III

Re-education of core and hip stabilizers

Kinematic chain must be addressed (i.e. hypermobility, restriction pelvic obliquity can cause muscle imbalance)

Layer II
 Resolve muscle restrictions

Layer I
The most challenging



Develop routine
 History/examination
 Layer algorithmic approach as guidance

 You cannot visualize pain – THINK OF HIP BLOCK



# Case Study 1 Atraumatic Instability

Patients with generalized ligamentus laxity (hypermobility syndroms)





The hip is considered an inherently stable joint by virtue of its bony geometry.



Static & Dynamic soft tissue stabilizers are important in maintaining joint congruity.



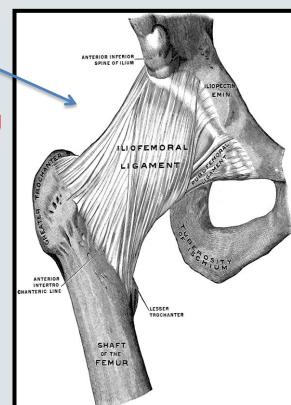
#### CAPSULAR ANATOMY

The anterosuperior portion of the capsule is the thickest – maximal stress at standing

-Iliofemoral Ligament (λαγονομηριαίος-Y ligament of Bigelow)-restricts extension/allows upright posture without constant muscle action

-Ischiofemoral Ligament- ισχιομηριαίος

-resist IR & adduction



Center for Hip Arthroscopy

Result of dynamic overuse – repetitive rotation and axial loading

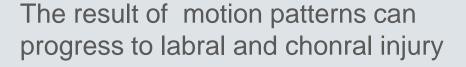
This leads to strain and possible plastic deformity of the anterior capsular stabilizers







The dynamic stabilizers overwork (iliotibial band tightness, iliopsoas tendinitis)





Hip dysplasia – greater demands on the capsule and labrum

- 1. Hypertrophic labrum
- 2. Enlarged LT
- 3. Thickening of the capsule
- 4. Capsular redundancy

Soft tissue strain around the hip



## Case Study 2

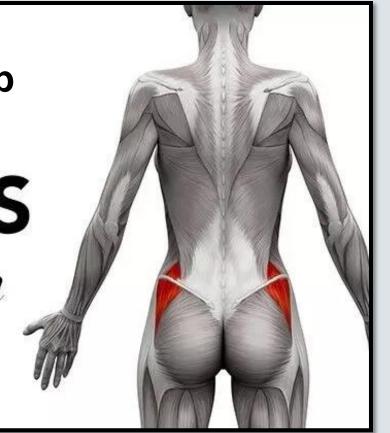




The rotator cuff of the hip

THE ABDUCTORS

muscle of the month



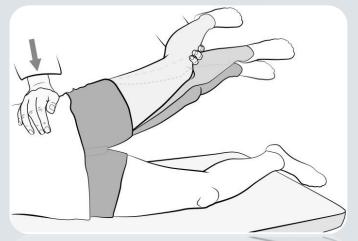


# Epidemiology and Presentation

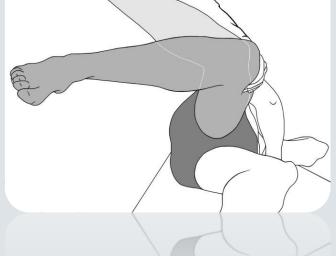
Lateral pain is the main symptom frequent at nights when lying down on a bed or early in the morning activities like long walks, stairs, and slopes Trochanteric hypersensibility



#### The hip lag sign



maximally internally rotates the hip with the knee in 45° of flexion



passively extends the hip 10°, abducts 20

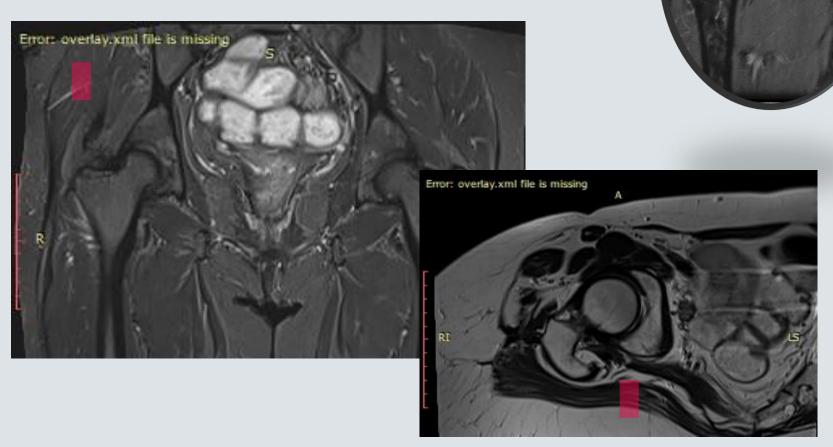
slight or moderate limping Trendelenburg sign 30-s single leg stance

evaluation of muscle strength neurologic status lumbar spine If THA, the stability /integrity of the prosthetic joint must also be checked.



## **Imaging**

MRI is the gold-standard examination of the anatomy and pathology of the abductor muscles and tendons. (sensitivity 73% and specificity 95%)





#### **Degenerative chronic tears:**

intermittent pain age-related

poor tissue quality/fatty atrophy/diminished vascularity

latrogenic tears:

Secondary to lateral—transtendinous hip approaches.

Traumatic tears: An uncommon presentation or acute on

chronic

Grade 1: mild 0%-25% tear

Grade 2: moderate 26%-50% tear

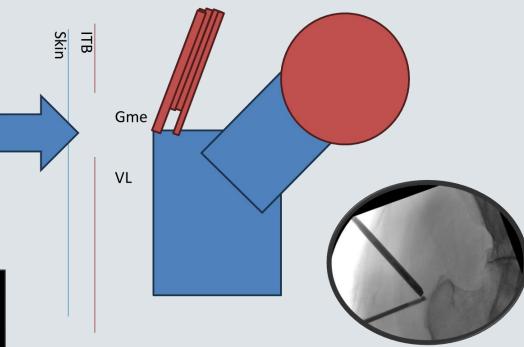
Grade 3: severe 51%-99% tear

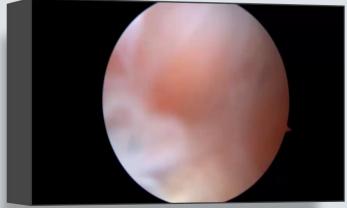
Grade 4: severe Full-thickness tear

In patients with small- and medium-size tears and mild retraction when conservative treatment failed

# PARTIAL THICKNESS & SMALL FULL THICKNESS Gme TEAR

The trochanderic bursa is excised to reveal the GT tendons of Gme and Vastus Lateralis

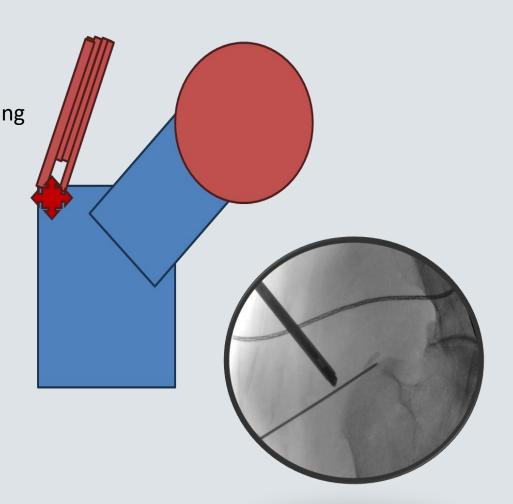




If tear not apparent = lies on deep surface a longitudinal split with beaver knife Debride the pathological tissue



Identify tear – footprint
Resect enthesophyte – bone spur
A bleeding bed is created to enhance healing
Burr – microfracture – rasp
Remember SOFT BONE

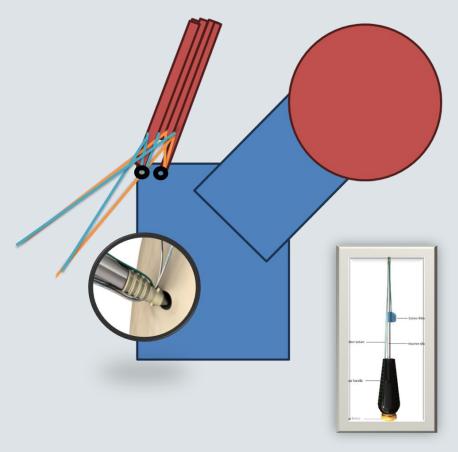




Anchor should be placed in the lateral facet of GT thru the split – use II Usually, 2 anchors
DISTAL & PROXIMAL to lateral facet

Pass each suture individually thru the tendon and the anterior portal





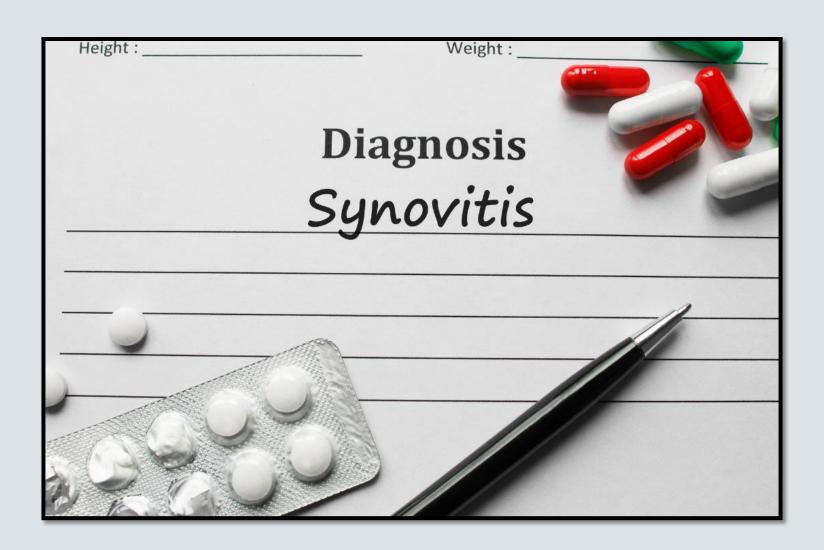
Thru anterior portal grasp one suture from Each of the two anchors pulling it out



- Lateral hip pain
- MR special sequence
- PRP
- Home physio (12 m)

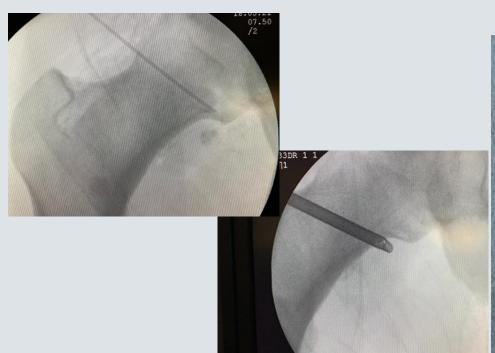


#### CASE STUDY 3

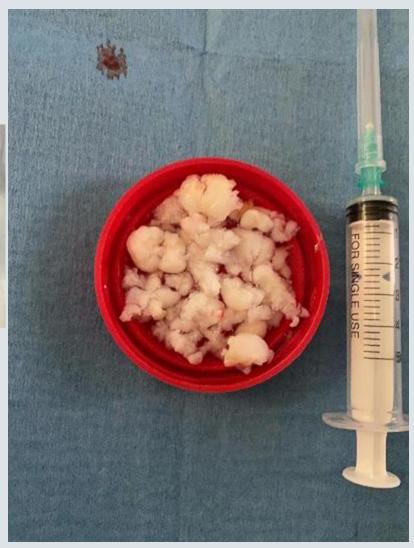




### Osteochondromatosis









### Chondrocalcinosis

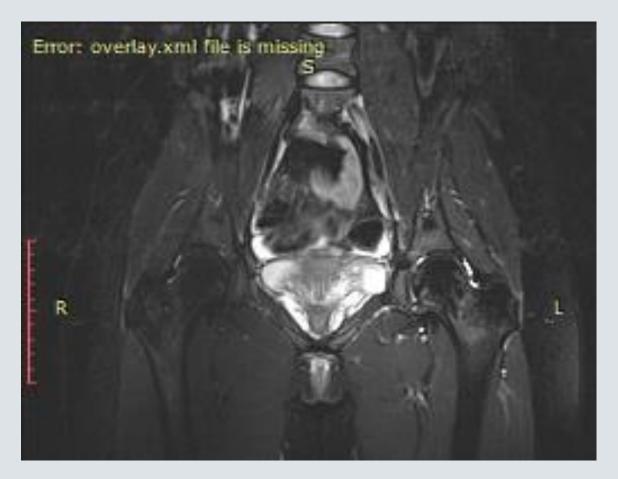




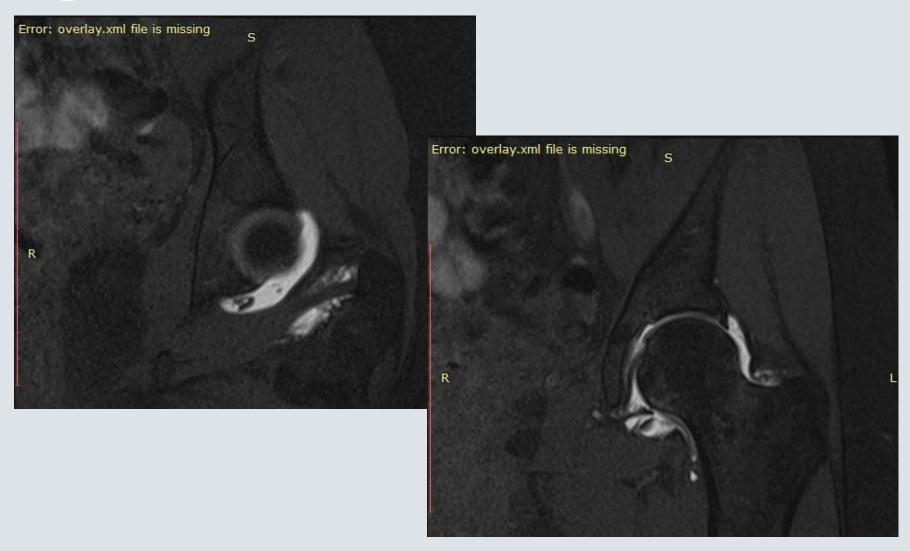
### PVNS – Giant cell tumor

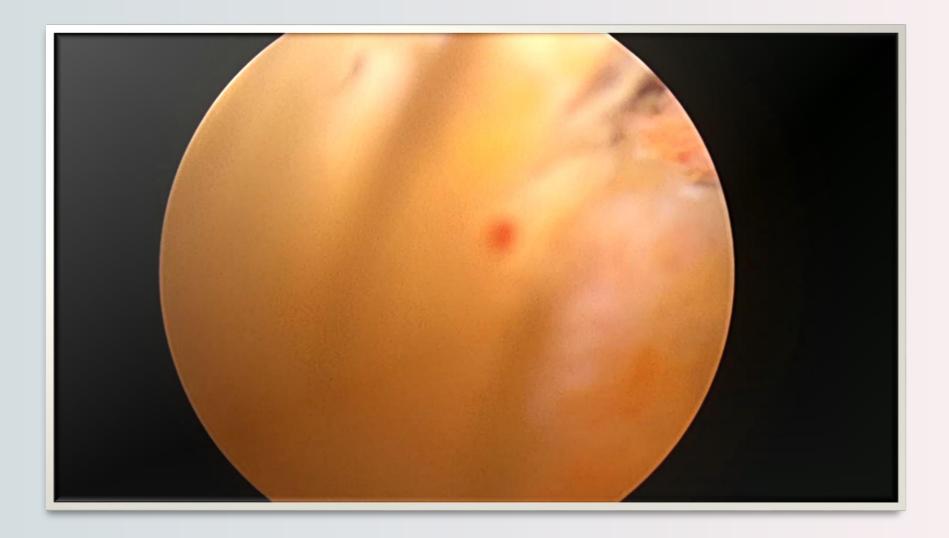














### Osteoid Osteoma













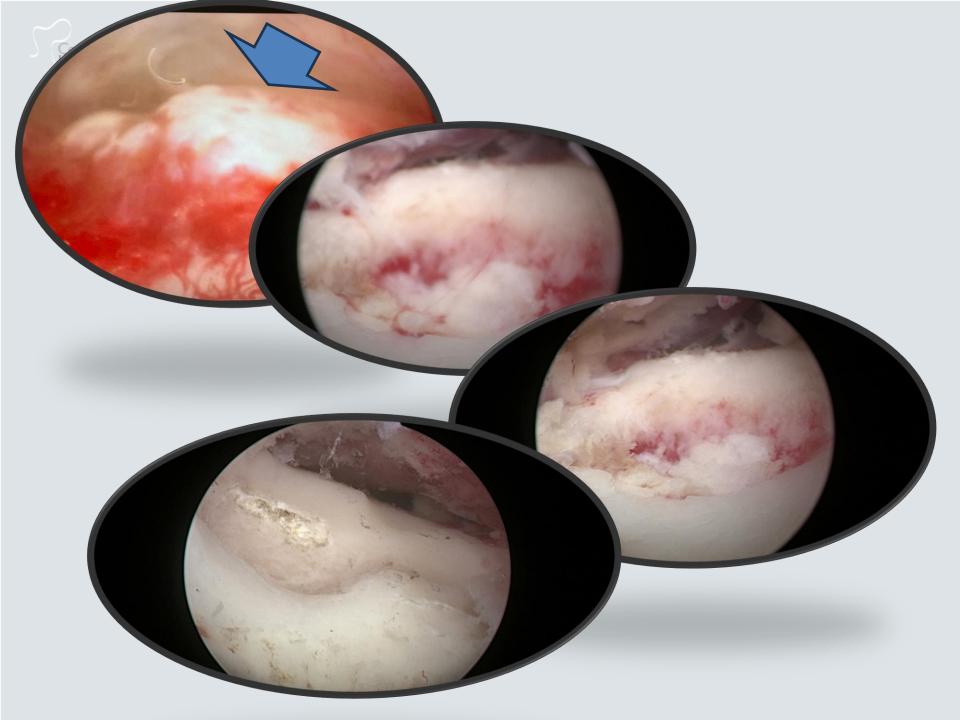


#### Center for Hip Arthroscopy



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Ημερομηνία Δειγματοληψίας: 22/9/2023 Ημερομηνία Παραλαβής Περιστατικού: 22/9/2023 Ημερομηνία Έγκρισης Πορίσματος: 26/9/2023

Ιατρός: κ. ΠΑΠΑΒΑΣΙΛΕΙΟΥ ΑΘΑΝΑΣΙΟΣ

Κωδ.Εισαγωγής: 616894 ΑΜΚΑ: 20090102771 Αριθμός Παρασκευάσματος: 8628/23 & D11261/23

Συμπέρασμα: Οστεοειδές οστέωμα.

Τεμάχια ορογόνου υμένα με παρουσία αλλοιώσεων χρόνιας φλεγμονής.

Λόγω της παρουσίας άφθονων πλασματοκυττάρων καθώς και λεμφοζιδίων συνιστάται ο περαιτέρω έλεγχος για την πιθανότητα ρευματοειδούς αιτιολογίας.

Ο Ιατρός

ΘΕΜΙΣΤΟΚΛΗΣ ΚΩΝΣΤΑΝΤΙΝΙΔΗΣ ΙΑΤΡΟΣ - ΠΑΘΟΛΟΓΟΑΝΑΤΟΜΟΣ ΑΜΚΑ: 29086003778 Α.Μ. ΤΣΑΥ: 71437 Ο Ιατρός

Δρ. ΘΩΜΑΣ ΖΑΡΑΜΠΟΥΚΑΣ ΑΝ. ΚΑΘΗΓΗΤΗΣ ΠΑΘΟΛΟΓΙΚΗΣ ΑΝΑΤΟΜΙΚΗΣ ΙΑΤΡΙΚΗΣ ΣΧΟΛΗΣ Α΄, Π.Θ. ΑΜΚΑ: 24065103038 Α.Μ. ΤΣΑΥ: 46812

ΚΩΔΙΚΟΣ ΠΕΡΙΣΤΑΤΙΚΟΥ: D11261/23 ΣΕΛΙΔΑ:1 ΑΠΟ 1

ΚΩΔΙΚΟΣ ΠΕΡΙΣΤΑΤΙΚΟΥ: D11261/23 ΣΕΛΙΔΑ:1 ΑΠΟ 1



### **THR**





#### **TYPES OF HIP REPLACEMENT**

And why do they exist

Where is the decision of which what when is or should be based on Current trends (robotics etc)



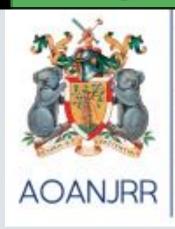
ter for Arthroscopy





# National Joint Registry

Working for patients, committed to excellence for 20 years



Australian
Orthopaedic
Association
National
Joint
Replacement
Registry







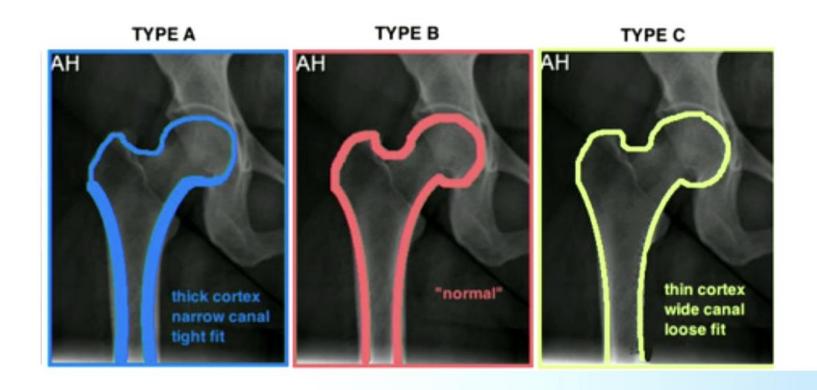


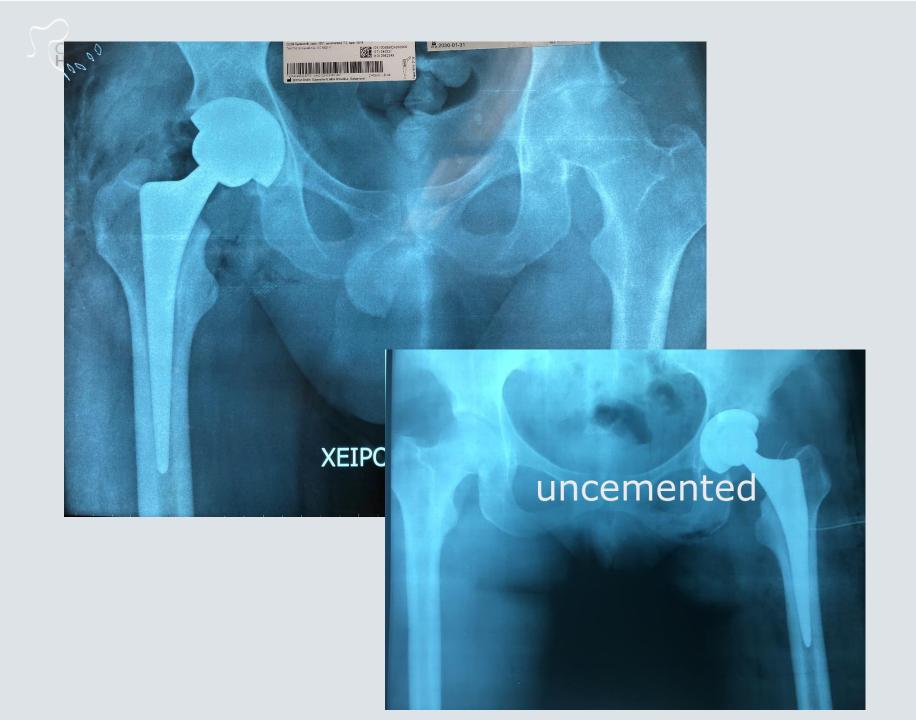


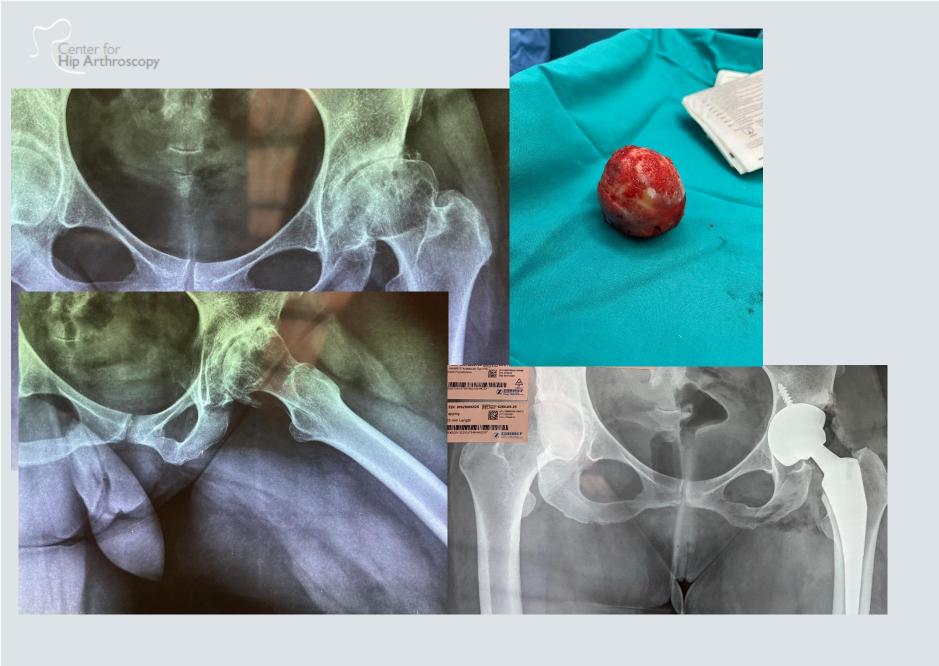
### **FIXATION**



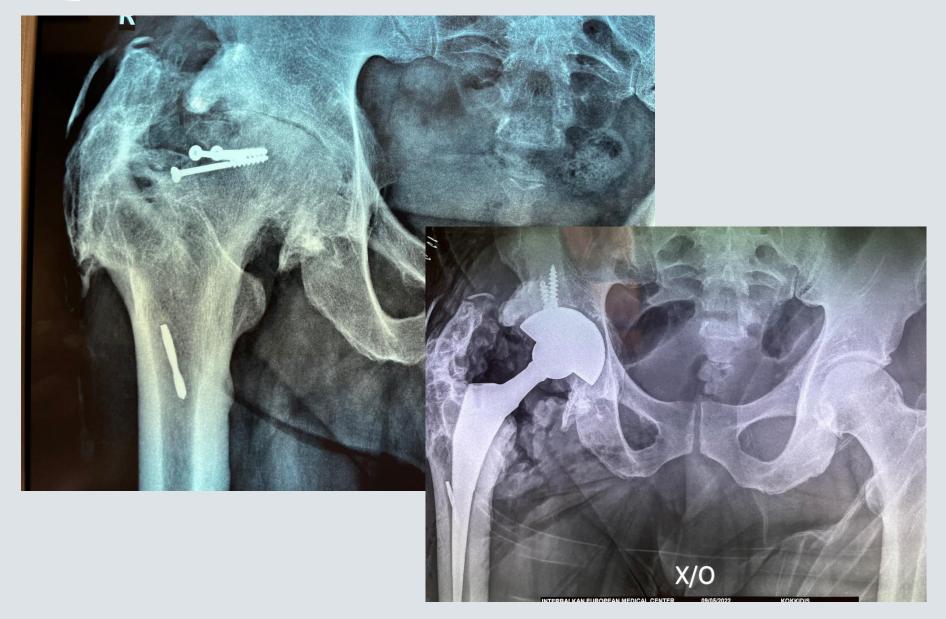
#### Dorr Canal Type A / B / C













Hybrid



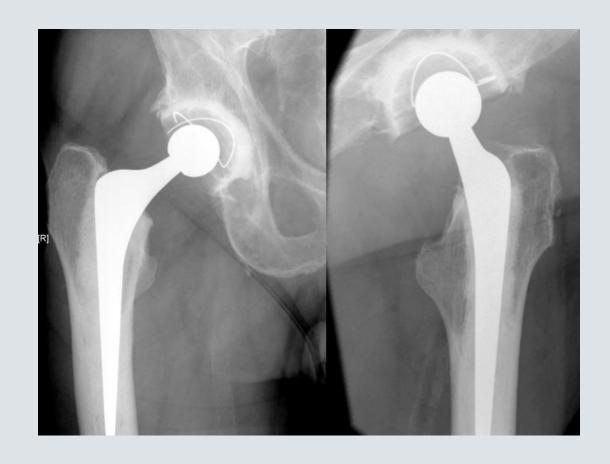


# Reverse hybrid

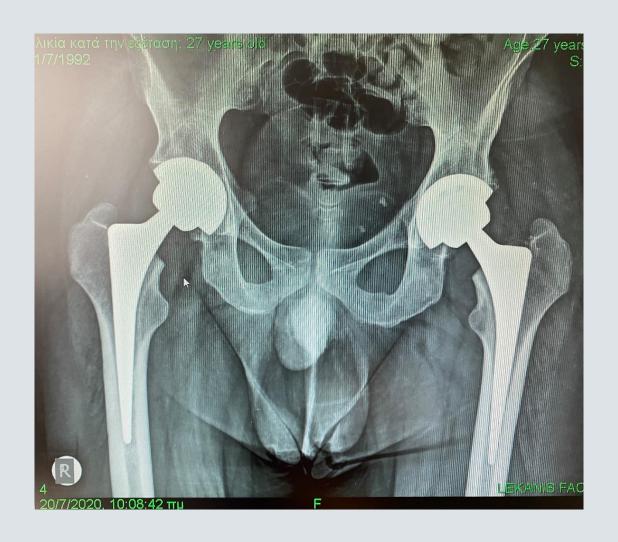


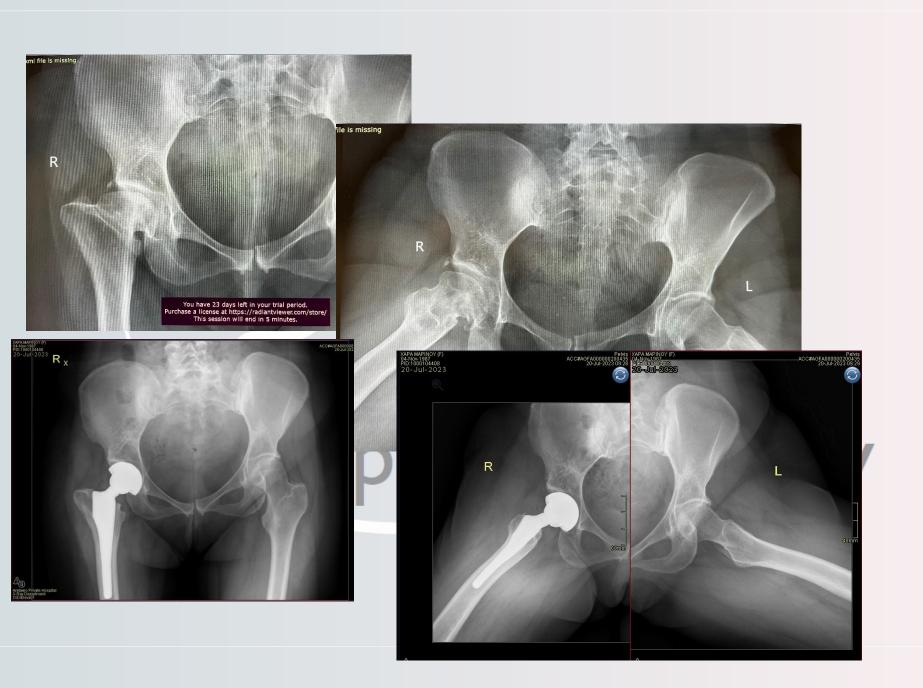


## cement









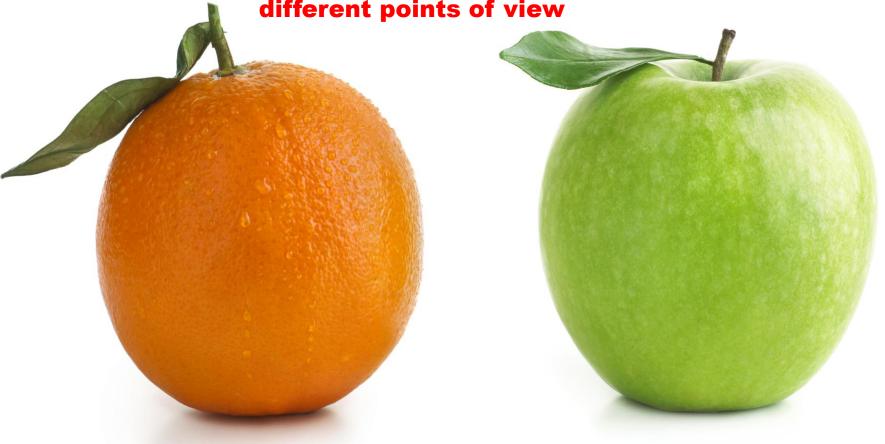


# what do any of us mean when we say an operation works?



disconnect

simply because we see things from different points of view





#### What's in a name?

# That which we call a rose by any other word would smell as sweet.....

Wil Shakespeare

In Act II, Scene II

Theatre Royal in Drury-Lane. This prefect Thursday, being the 4th of Ollober, Will be prefected a P. L. A. V. call'd ROMEO and JULIET. Capulet by Mr. BERRY, Park by Mr. LACRY.
Bende by Mr. MOZERN.
Montger by Mr. BURTON.
Titalt by Mr. BLAKRS. Fryar Lawrence by Mr. HAVARD, Mercutio by Mr. WOODWARD, Lady Capalet by Mrs. BENNET, Nurse by Mrs. JAMES, To the MONUMENT of the CAPULETS. The VOCAL PARTS by Mr. Beard, Mr. Wilder, Mr. Vernin, &c. In Act 1. a Ma'guerade Dance proper to the Play.
To which will be sided a FARCE, call Sharp by Mr. YATES, Godge by Mr. BLAKES, Mofe by Mr. BENNET. Kitty Pry by Mifs MINORS.

Boses 5t. Pa 5t. First Onlivy 2s. Upper Gallery 1s.

PLACES for the Boxes 40 be had of Mr. VARNEY, at the Stoge-



Online issue publication April 09, 2013



What determines patient satisfaction with surgery? A prospective cohort study of 4709 patients following total joint replacement

D F Hamilton,<sup>1</sup> J V Lane,<sup>2</sup> P Gaston,<sup>3</sup> J T Patton,<sup>3</sup> D MacDonald,<sup>1</sup> A H R W Simpson,<sup>1</sup> C R Howie<sup>3</sup>

- -satisfactory pain relief satisfactory
- -hospital experience
- -meeting preoperative expectations

