ARTHROSCOPIC TREATMENT OF HIP DISEASE IN YOUNG ADULTS

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DISCLOSURES

• Stock
  • J&J

OBJECTIVES

• Discuss current indications for hip arthroscopy
• Discuss various arthroscopic techniques
• Review complications

STATISTICS

• Volume of hip arthroscopy

CURRENT INDICATIONS

• Labral tears
• Loose bodies
• Chondral lesions
• FAI
• Trochanteric bursitis
• Snapping psoas
• Snapping ITB
• Septic arthritis
• Early DJD
• Synovitis

SET-UP

• Equipment
• C-arm
• Supine vs Lateral decubitus
• Distraction system
• Instruments
PORTALS

• Antero-lateral

PORTALS

• Anterior(modified)

PORTALS

• Distal Antero-lateral

PORTALS

• Peri-trochanteric

PORTALS

• Postero-lateral

PORTALS

• Posterior
**COMPARTMENTS**

- Central
  - Femoral head
  - Acetabulum
  - Labrum
  - Ligamentum teres
  - Loose bodies

- Peripheral
  - Femoral Head-neck junction
  - Labrum
  - Capsule
  - Synovium
  - Loose bodies

**DISTRACTION**

**ANTERO-LATERAL PORTAL**

- Improved instrument access
- Access to the peripheral compartment

**ANTERIOR PORTAL**

**INTRA-PORTAL CAPSULOTOMY**
ARTHROSCOPIC TECHNIQUES: SIMPLE

- Labral debridement
  - Shaver

- RF device
  - Low setting

- Chondroplasty
  - Shaver

- RF device
  - Low setting

ARTHROSCOPIC TECHNIQUES: SIMPLE?

- Loose body removal

ARTHROSCOPIC TECHNIQUES: COMPLEX

- Labral Repair / Refixation
  - Instruments
  - Exposure
  - Technique
    - Vertical mattress
    - Loop suture
**ARTHROSCOPIC TECHNIQUES: COMPLEX**

- Acetabuloplasty
  - Exposure
  - Capsular elevation
  - Labral elevation

**ARTHROSCOPIC TECHNIQUES: COMPLEX**

- Femoroplasty
  - T-Capsular repair

**ARTHROSCOPIC TECHNIQUES: COMPLEX**

- Capsular Repair

**ARTHROSCOPIC TECHNIQUES: COMPLEX**

- Capsuloplasty
  - Central Compartment

**ARTHROSCOPIC TECHNIQUES: COMPLEX**

- Psoas tenotomy
  - Peripheral compartment

**ARTHROSCOPIC TECHNIQUES: COMPLEX**

- Trochanteric bursectomy
ARTHROSCOPIC TECHNIQUES: COMPLEX

• ITB release

• Abductor repair

• Calcific tendinopathy

EMERGING INDICATIONS

• Instability
• Sub-gluteal Space
  • Sciatic nerve entrapment
  • Piriformis syndrome
• Hamstring repairs
• Adhesive capsulitis

COMPLICATIONS

• Infection
• VTE
• Nerve injury
• Pressure necrosis
• Instrument failure
• Iatrogenic damage
  • Articular cartilage
  • Labrum

RESULTS
CONCLUSION

• Arthroscopic techniques for hip disease are improving
  • Knowledge
  • Equipment
  • Experience

ISSUES TO CONSIDER

• Technical challenges
• Learning curve
• Limited treatment for Grade IV chondral lesions
• How old is too old?
  • OA / DJD
• Early intervention?
• Emerging Data

THE END

THANK YOU

BIBLIOGRAPHY
