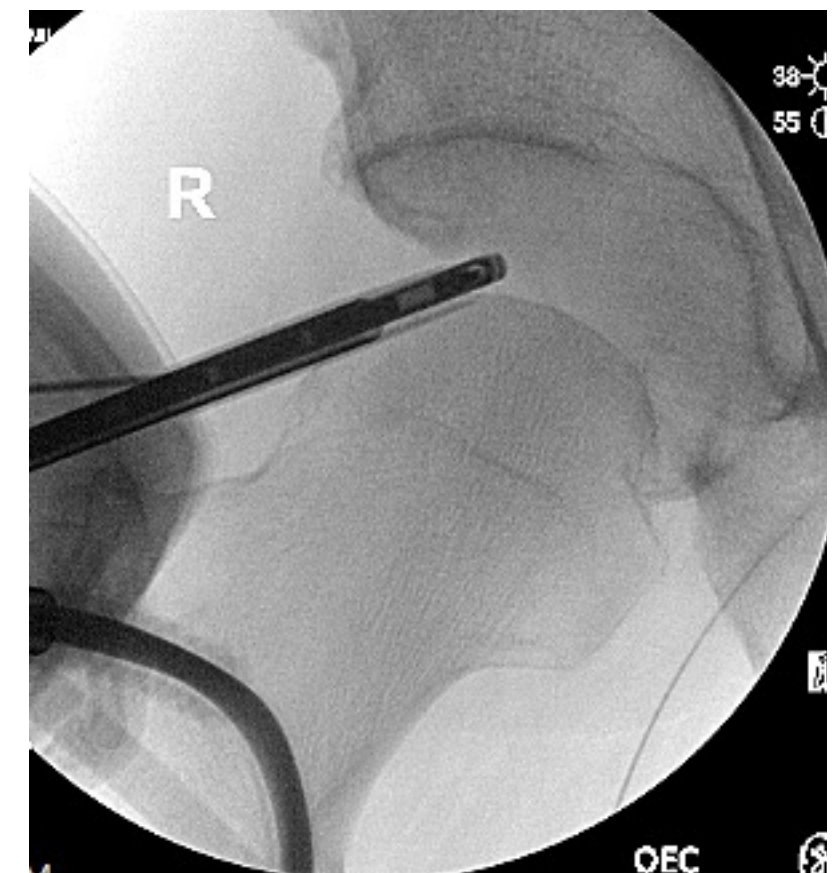
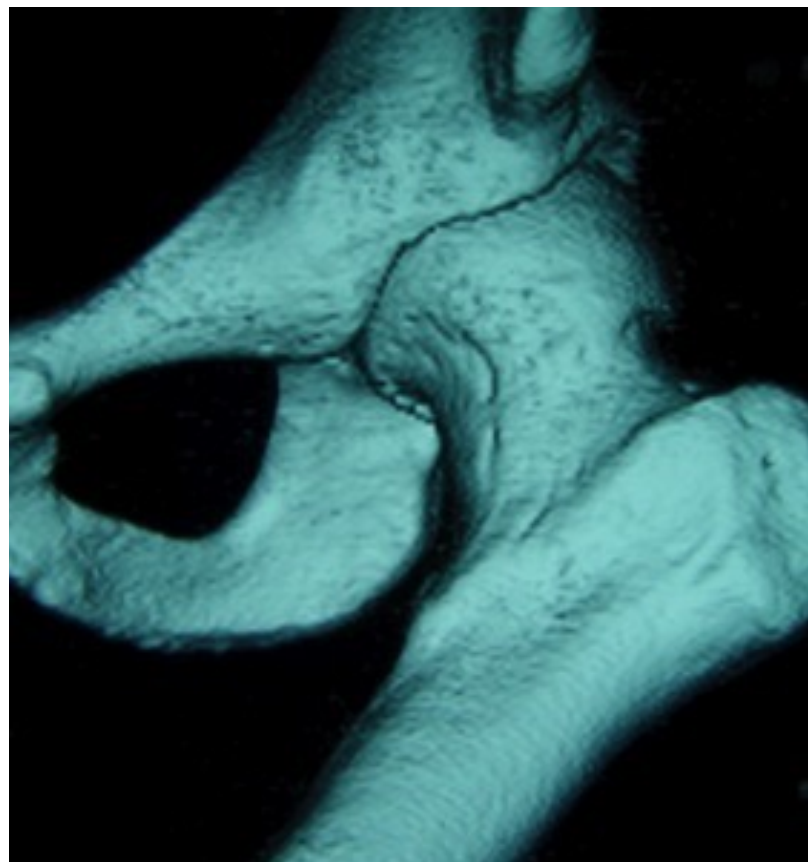


HOSPITAL
FOR
**SPECIAL
SURGERY**



Hip Arthroscopy “Hip Scope”

Anil S. Ranawat
Hospital for Special Surgery
New York, NY



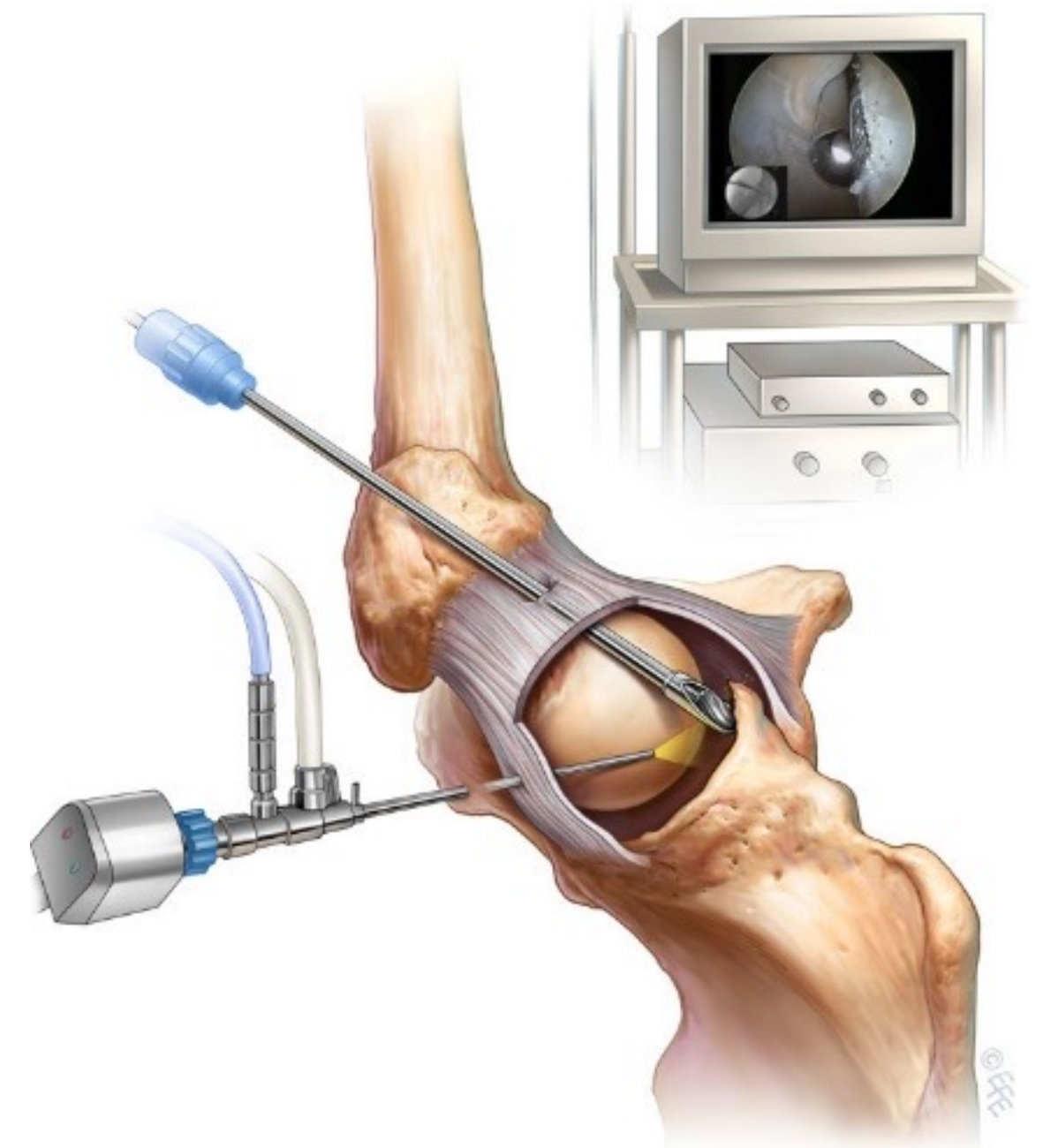
Outline

- I. What is hip arthroscopy?**
- II. What are the advantages of hip arthroscopy?**
- III. Which hip conditions can be treated arthroscopically?**
- IV. Overview of procedure**
- V. Hip arthroscopy recovery**



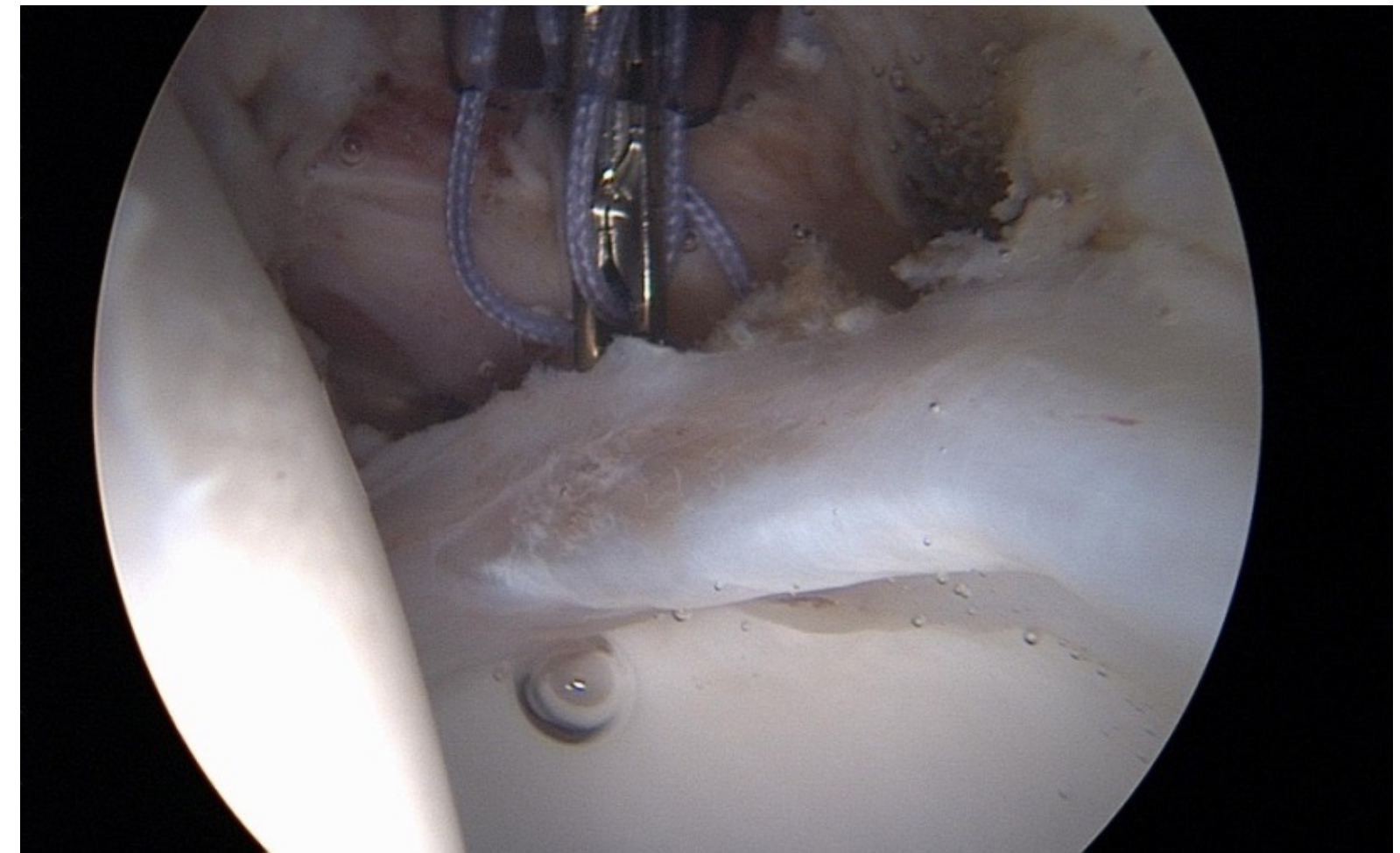
I. What is hip arthroscopy?

- A.k.a. a “hip scope”
- A minimally invasive procedure in which an arthroscope, a flexible, fiber-optic tube with a small camera, is used to examine the inside of the hip joint
- Hip arthroscopy was refined in the late 1980s and early 1990s



I. What is hip arthroscopy?

- The procedure allows the surgeon to see full extent of injury and pain that imaging can't
- Some hip conditions can also be treated arthroscopically
- Three small incisions are made to create access points for arthroscopic needles, scalpels, etc.



II. What are the advantages of hip arthroscopy?

When compared to traditional open hip surgery, hip arthroscopy advantages are...

- Very little trauma to the joint, minimizing pain and scarring**
- Done on an outpatient basis (patients generally return home same day)**
- Short recovery**
- May postpone hip osteoarthritis progression**
- Can delay need for hip replacement**

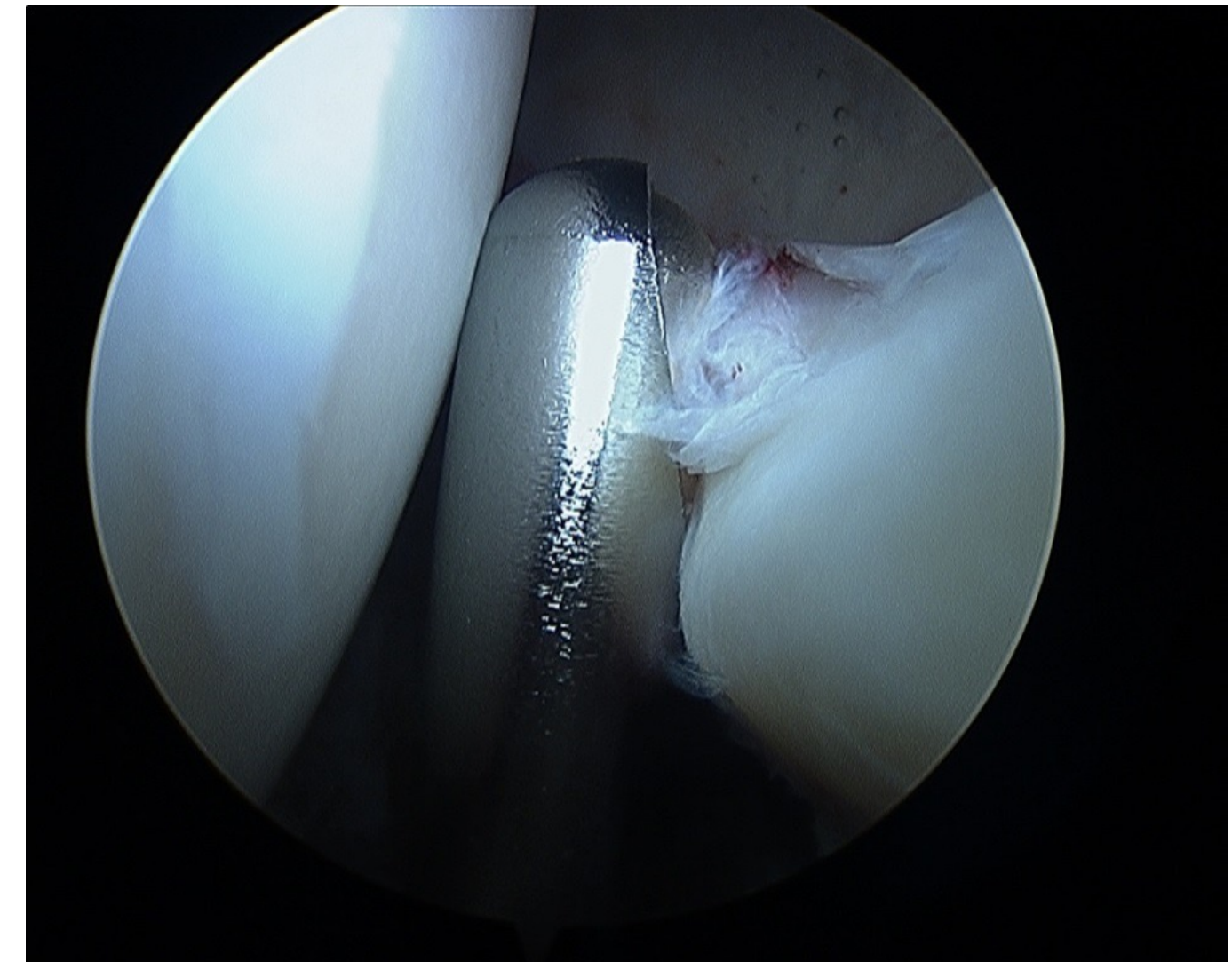
III. What hip conditions can be treated arthroscopically?

- Femoroacetabular impingement (FAI)
- Repair or trimming of a labral tear
- Removal of:
 - Loose fragments of cartilage inside joint
 - Diseased or inflamed joint lining
 - Painful bone spurs



IV. Overview of procedure

- **Surgeon will make 2 or 3 small, 1/4 to 1/2 inch long incisions**
- **Condition of ligaments attaching the bones, the firm ring of cartilage surround the hip socket called the labrum, and the space within the joint will be examined**



IV. Overview of procedure

- **Once explorations and any treatments are complete, incisions are closed with 2 to 3 non-dissolvable sutures**
- **You will be given a prescription for pain and recommended to use a continuous passive motion device (CPM) to promote range of motion & a cold unit (game ready) to help with inflammation and pain**



V. Hip arthroscopy recovery

- **Symptoms often improve immediately following procedure, but recurrence of some pain can occur as joint heals**
- **Patients are instructed to use a brace and crutches for 2 weeks after surgery to avoid full weight bearing and complete at least 3-4 months of PT**
- **A return to normal varies based on activity levels**



THANK YOU!



HOSPITAL
FOR
SPECIAL
SURGERY