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What is hip arthroscopy?

Hip arthroscopy is a minimally invasive surgical procedure used to diagnose and treat various hip conditions, including labral tears, femoroacetabular impingement (FAI), hip dysplasia, and loose bodies in the joint.

Who is a candidate for hip arthroscopy?

Candidates for hip arthroscopy are typically individuals with hip pain or limited mobility that does not respond to conservative treatments such as rest, physical therapy, or medications. Your orthopaedic surgeon will evaluate your symptoms, medical history, and imaging studies to determine if hip arthroscopy is appropriate for you.

What conditions can be treated with hip arthroscopy?

Hip arthroscopy can be used to treat a variety of conditions, including labral tears, hip impingement, cartilage damage, synovitis, hip dysplasia, and loose bodies in the joint. The specific treatment approach will depend on the underlying condition and severity of the symptoms.

How is hip arthroscopy performed?

During hip arthroscopy, small incisions are made around the hip joint, through which a thin, flexible camera (arthroscope) and specialized surgical instruments are inserted. The surgeon uses the arthroscope to visualize the inside of the hip joint and perform the necessary repairs or procedures.

What are the benefits of hip arthroscopy?

The benefits of hip arthroscopy include smaller incisions, less postoperative pain, faster recovery, and reduced risk of complications compared to traditional open hip surgery. It also allows for a more targeted approach to address specific hip problems.

What can I expect during the recovery period after hip arthroscopy?

Recovery after hip arthroscopy typically involves a period of rest, physical therapy, and gradual return to normal activities. Most patients can bear weight on the operated leg immediately after surgery and resume light activities within a few days to weeks, depending on the extent of the procedure.

What are the potential risks or complications of hip arthroscopy?

While hip arthroscopy is considered safe, there are potential risks and complications associated with any surgical procedure, including infection, bleeding, nerve injury, blood clots, and failure to relieve symptoms. Your surgeon will discuss these risks with you before the procedure.

How successful is hip arthroscopy in relieving hip pain and improving function?

The success rate of hip arthroscopy varies depending on the underlying condition being treated, the severity of the symptoms, and other factors. In many cases, hip arthroscopy can effectively relieve pain, improve hip function, and allow patients to return to their normal activities with reduced discomfort. However, outcomes may vary from person to person.



HIP ARTHROSCOPY

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