

The pistol grip and the pincer or All you wanted to know about FAI

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 - at Lakes DHB, Rotorua Hospital
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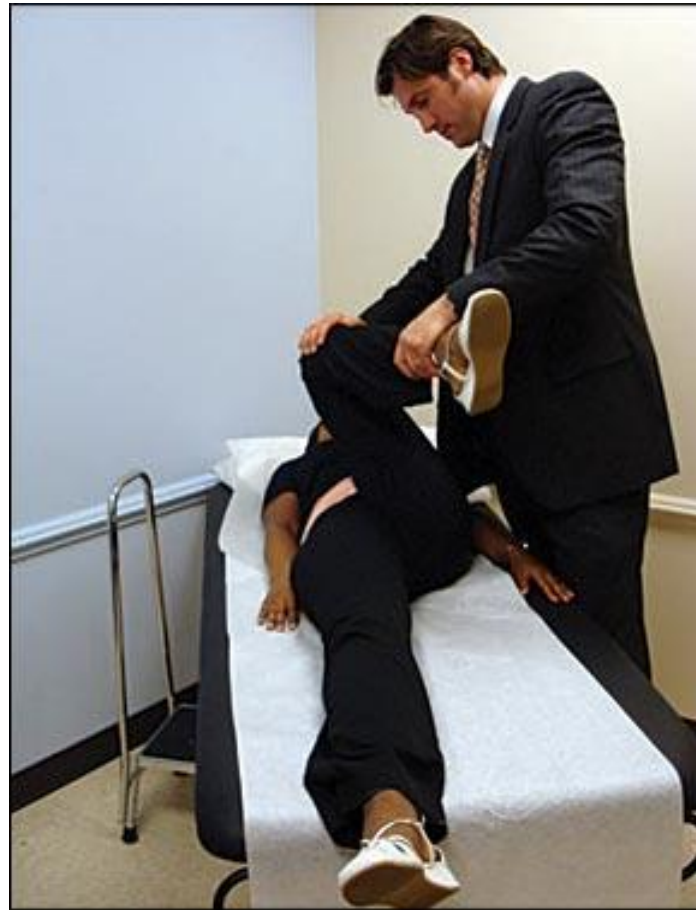
Young hips are DIFFICULT

- Diagnostic problem
- Imaging problem
- Lack of awareness on treatment options

Symptoms

- Groin pain, buttock pain (C-sign)
 - After long distances
 - After prolonged sitting
 - With some movements (twisting, deep squats, jumping)
- Sometimes mechanical symptoms (clicking, catching, snapping)
- Often positive impingement tests
- Often patients have seen several Medical and Allied professionals

C-sign and FADIR test



Imaging

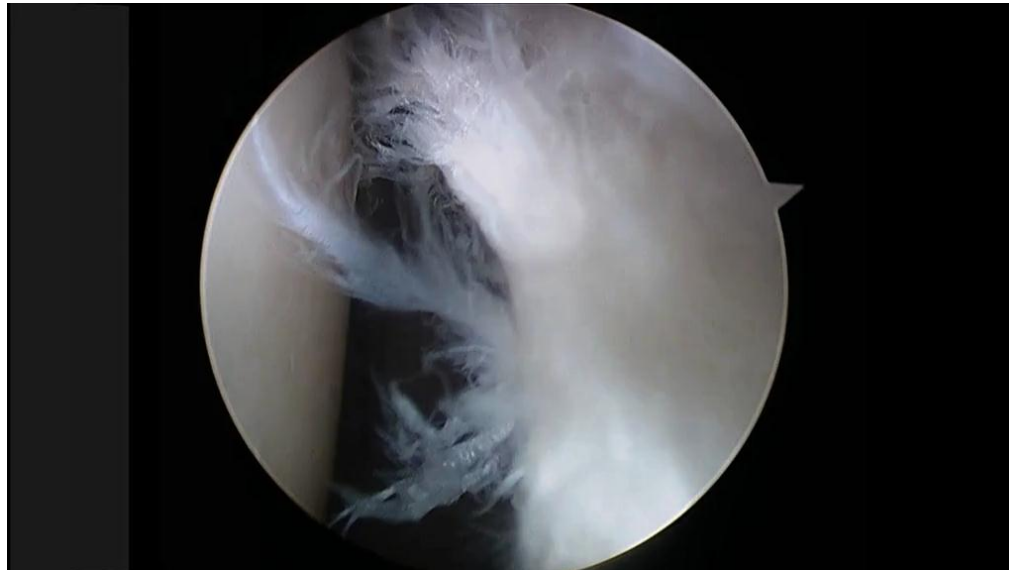
- X-rays often reported normal



- MRI scan (MR arthrogram) ± CT scan more sensitive

Treatment options

- Hip arthroscopy
 - Technically more demanding than some other joints
 - Evolving technique, increasing number of surgeons
 - Greater understanding of pathology
 - Ever widening range of procedures
 - Removal of loose bodies, synovectomy, labral debridement, chondroplasty, labral repair, debridement of cam impingement, debridement of pincer impingement



Solution

- REFER THEM ON

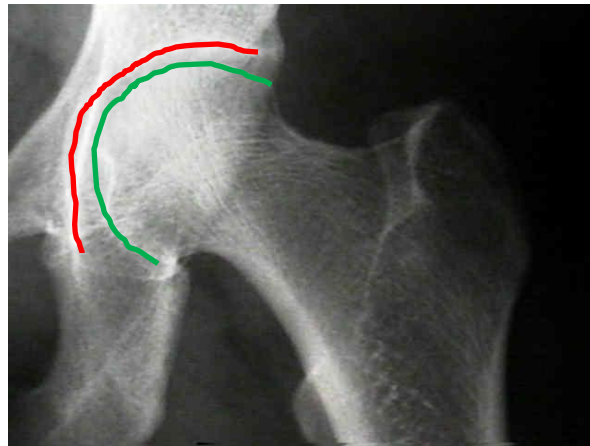
Why should you be interested?

- Young patients with hip pain with “normal X-rays”
- May lead to hip OA



Femoro-acetabular impingement

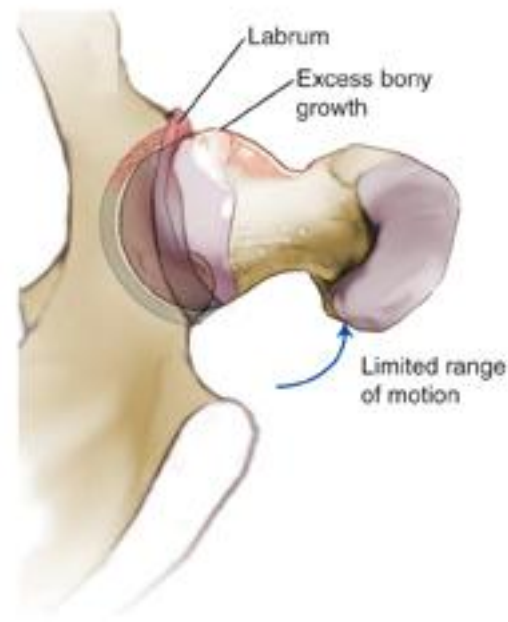
- Relatively new concept (late 1990s)
- Hip: ball and socket joint



- Sometimes it is not

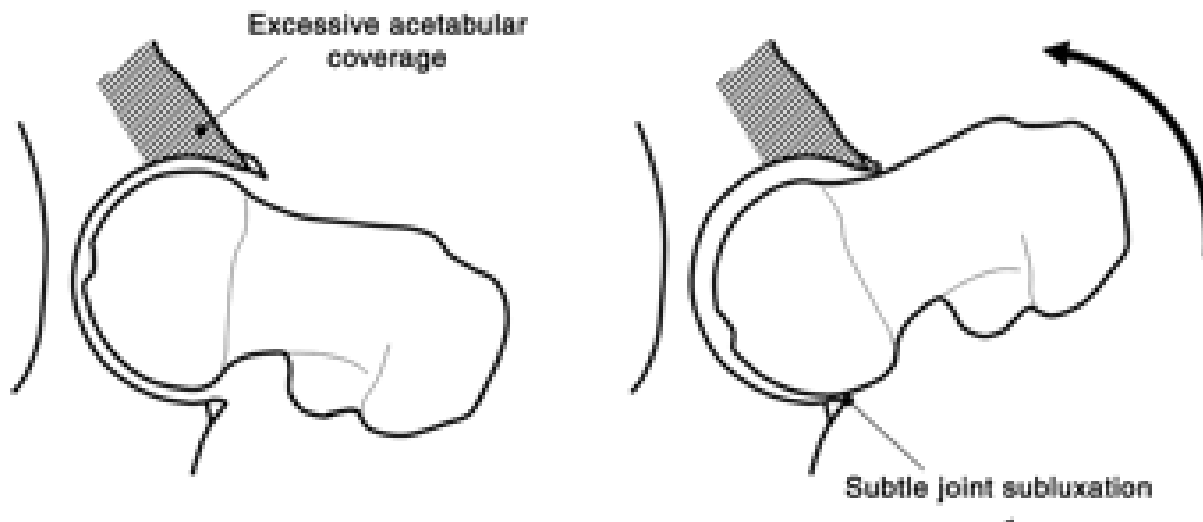
Types

- Cam type
 - Pistol grip – Aspherical head
 - Typically antero-lateral lesion
 - Sheering stress at certain positions



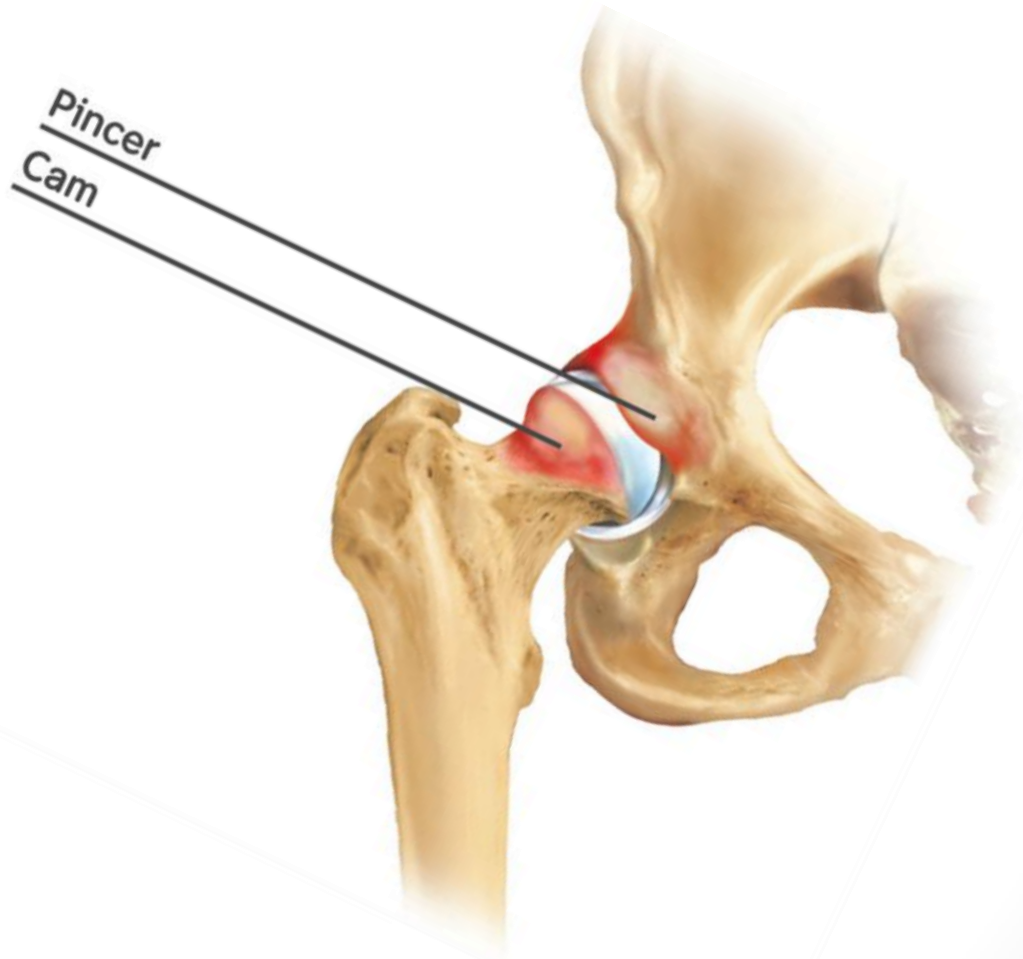
Types

- Pincer type
 - Prominent rim of acetabulum
 - Deep seated head (coxa profunda)
 - Abnormal orientation of acetabulum (retroversion)
 - Rim-neck impingement at certain movements
 - Repeated trauma



Types

- Mixed type
 - 82% of patients

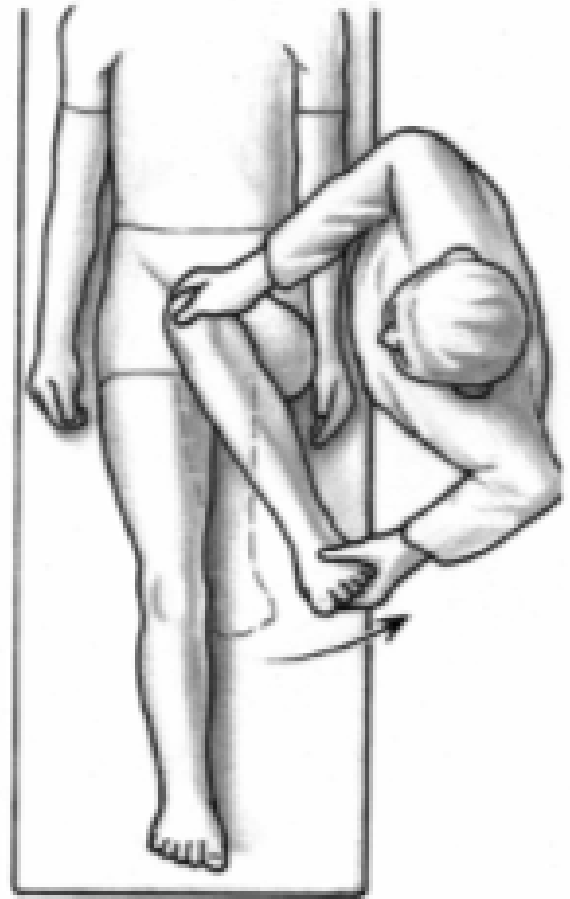


Presentation

- Active young adult (20-50)
- Chronic groin pain (may be trochanteric) initially vague
- Activity related (twisting – dancing, sport)
- Worse with prolonged sitting

Clinical examination

- Conventional hip exam - not a lot to find!
 - Pain at extremes of movement
 - Reduced range of movement
- Specific impingement tests
 - FADIR – **F**lexion **AD**duction **I**nternal **R**otation – grinding the neck into the acetabular rim
 - Reproduces their typical symptoms

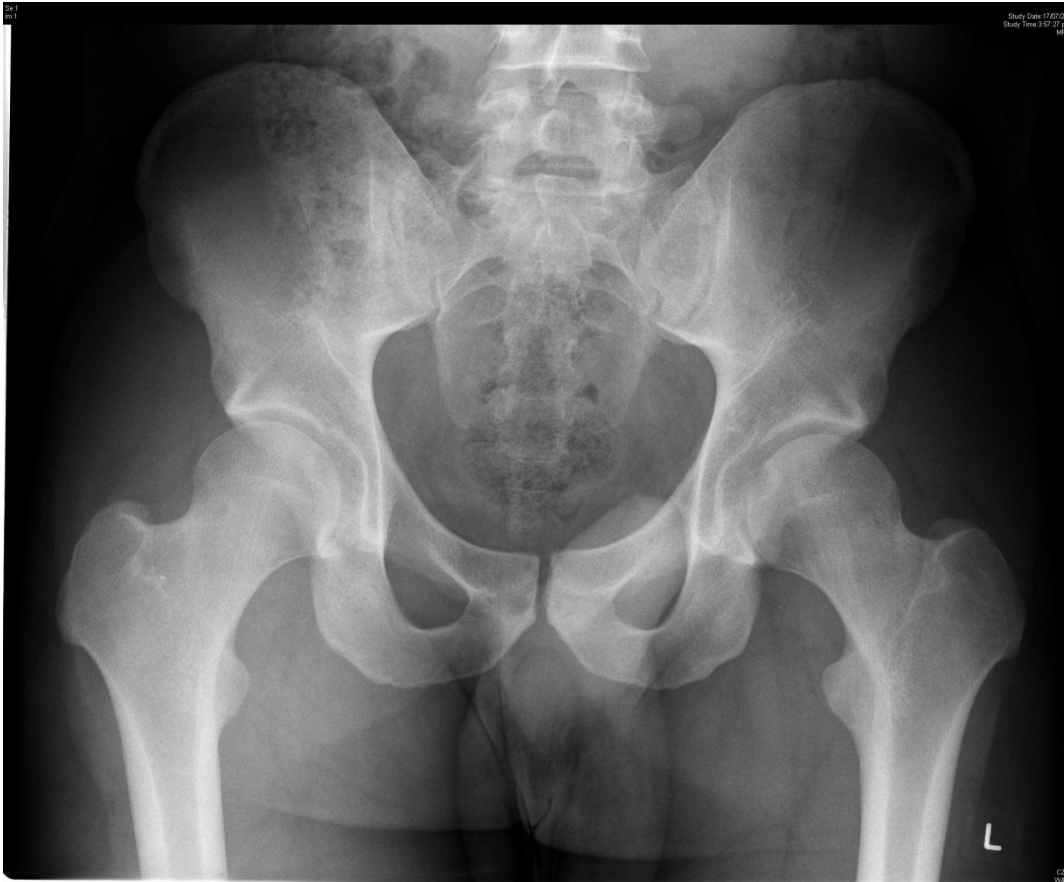


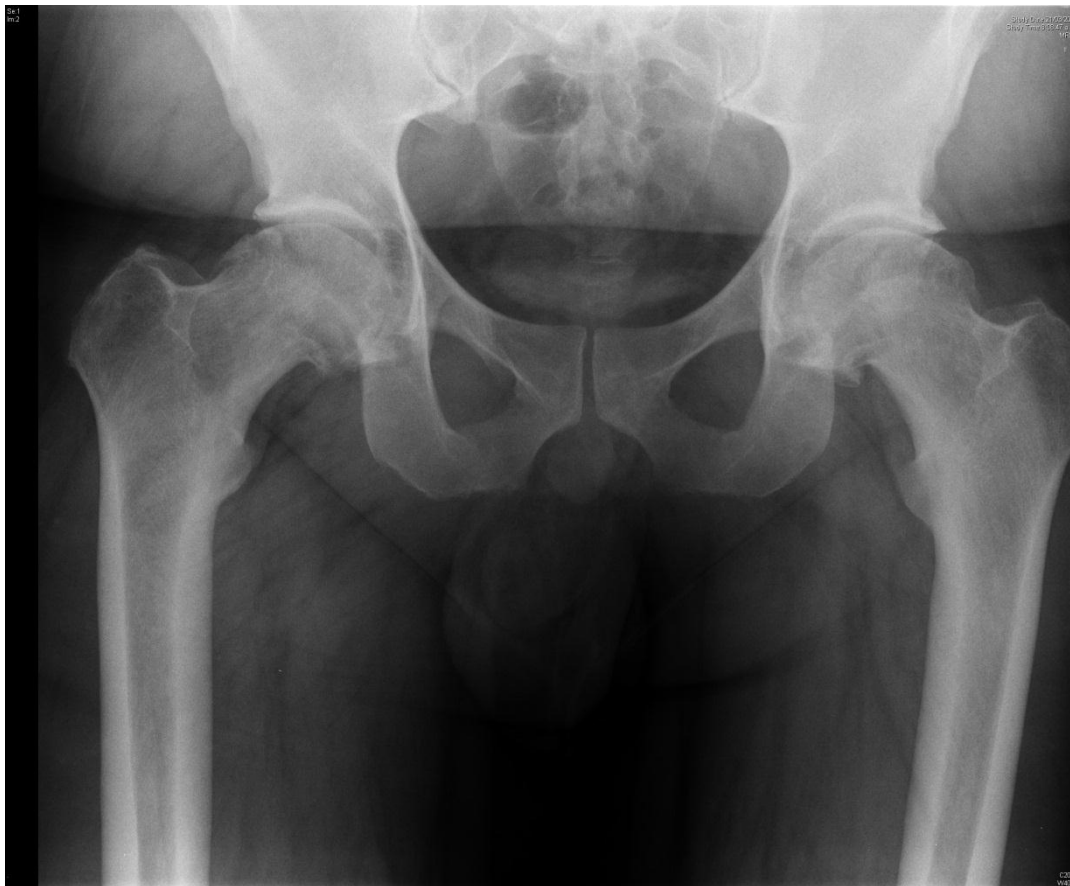
Etiology

- ? SUFE
- Growth abnormality
- Perthes
- Fracture healing
- Idiopathic



Leads to OA







Se:1
Im:71

Study Date:16/07/2012
Study Time:4:04:18 p.m.
NHL:



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Thank you



- www.lakesorthopaedics.co.nz