

HIP ARTHROSCOPY IN THE OLDER PATIENT

Background: Until recently, hip arthroscopy has been relatively uncommon, largely reserved for the young adult or those that play competitive sport. Literature on the role of hip arthroscopy in adults over the age of 50 is sparse.

Objectives: The aim of our study was to evaluate the results of hip arthroscopy performed for femoro-acetabular impingement, labral tears and psoas tendinopathy in patients over the age of 50.

Methods: Data was collected prospectively on 583 consecutive patients undergoing hip arthroscopy at our institution by a single surgeon between January 2013 and December 2018. 47 patients over the age of 50 were identified and data was retrieved. Data was collected on age at the time of surgery, underlying pathology, pre-operative non-arthritic hip scores (NAHS), as well as repeat NAHS at first and subsequent follow up. Subsequent outcome was assessed by postal questionnaire at a mean of 2.24 years post-surgery.

Results: Mean patient age was 56.2 years with a range of 50-79 years. Mean pre-operative NAHS was 55.5 with a range from 29 to 92. Mean change in NAHS from the pre-operative score to final follow up was +22 with a range of -27 to +66. Three patients had osteoarthritis identified at the time of arthroscopy and have subsequently had or are awaiting total hip replacement.

Discussion: Early results demonstrate that 82% of the patients in our series have experienced an improvement in their hip symptoms post arthroscopy.

Conclusion: This suggests that in a carefully selected population with no radiographic evidence of osteoarthritis, there may be a role for hip arthroscopy in the over 50s.

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