Children's Orthopaedic and Scoliosis Surgery Associates, LLP

Pediatric and Adolescent Sports Medicine Update

4th Quarter 2014

Femoroacetabular Impingement in the Young Athlete

by Drew W. Warnick, M.D.

Chronic groin pain in adolescents and young adults who play sports may be an early sign of Femoroacetabular Impingment (FAI). This is a condition in which the bones of the hip are abnormally shaped. Because they do not fit together properly, the hip bones rub or impinge against each other during hip motion causing damage to the joint.

CAM Deformity– A femoral neck deformity can hit the socket and cause damage to the joint.

Pincer Deformity– A deformity of the socket Can also cause damage to the hip joint with motion.

Left untreated, FAI can result in premature degeneration of the hip joint (osteoarthritis) and the patient may require hip replacement very early in their life.

Because participation in sports activity places a large amount of stress on the hip joint, adolescents and young adults with FAI who play sports are more likely to present with symptoms earlier than those whom do not participate.

Symptoms Patients with FAI often complain of pain in the groin after prolonged sitting or walking. Many athletes often describe pain in the groin with deep flexion or rotation of the hip during activity. Occasionally, a popping or clicking in the front of the hip is described. Pain may also radiate along the side of the thigh and in the buttocks.

Diagnosis FAI can be suspected after a thorough physical exam and history. Radiographs, computed tomography, and special MRI reconstruction techniques can accurately identify areas of potential femoroacetabular impingement, cartilage damage, and labral tears. The findings are often subtle and may not be identified by a practitioner unfamiliar with the condition.

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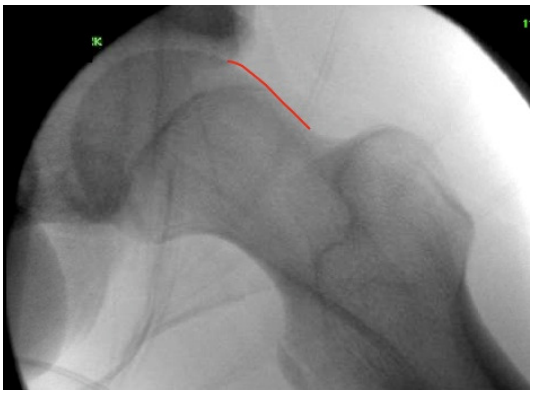
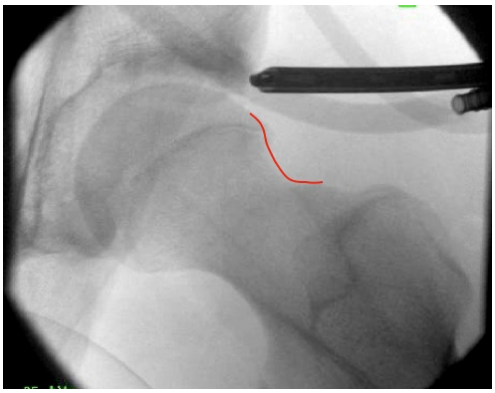
Treatment

Treatment for FAI includes non-surgical options such as activity modification, physical therapy, injections and anti-inflammatory medications. For those patients that have symptoms recalcitrant to conservative measures, hip arthroscopy or a surgical dislocation of the hip may be recommended to repair damaged structures and reshape areas of impingement to help relieve pain, restore natural range of motion, and prevent arthritis.



X-ray demonstrating late asymmetry of the femoral neck that can hit the socket and damage the hip



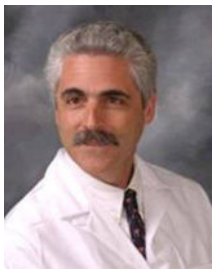
Post operative x-ray demonstrating arthroscopic reshaping of the deformity to restore normal range of motion

If you would like more information about treatment of FAI at Children's Orthopaedics and Scoliosis Surgery Associates, LLP please call and schedule an appointment with our hip preservation specialist Dr. Drew Warnick.

Meet our team of Physicians

For appointments, please call
(727) 898– BONE (2663) or (813) 879 BONE (2663)

For more information please visit **www.chortho.com**



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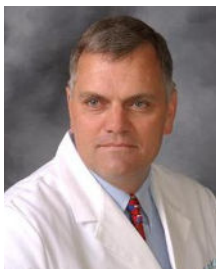

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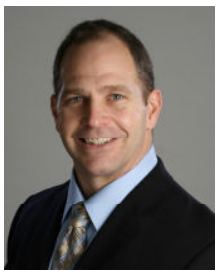

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