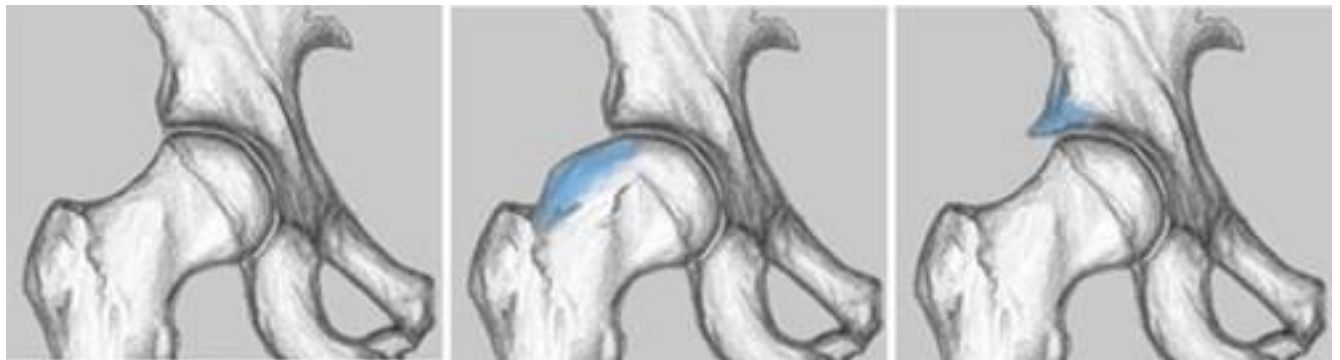


FEMOROACETABULAR IMPINGEMENT OF THE HIP

What is a femoroacetabular impingement (FAI)?

Femoroacetabular impingement is a condition which results from a mild deformity of the bones of the hip joint. The irregular shape of the ball on the socket causes injury to the joint because they do not fit perfectly. This causes the bones to rub abnormally against each other during movement. Over time this abnormal fit results in damage to the joint tissues causing pain and limiting activity.



How did I get FAI?

FAI occurs because the hip bones do not form normally during childhood development. It is the deformity of a CAM bone formation, pincer bone formation, or both, that over time can lead to cartilage and labral damage. When the hip bones are shaped abnormally, there is little that can be done to prevent FAI.

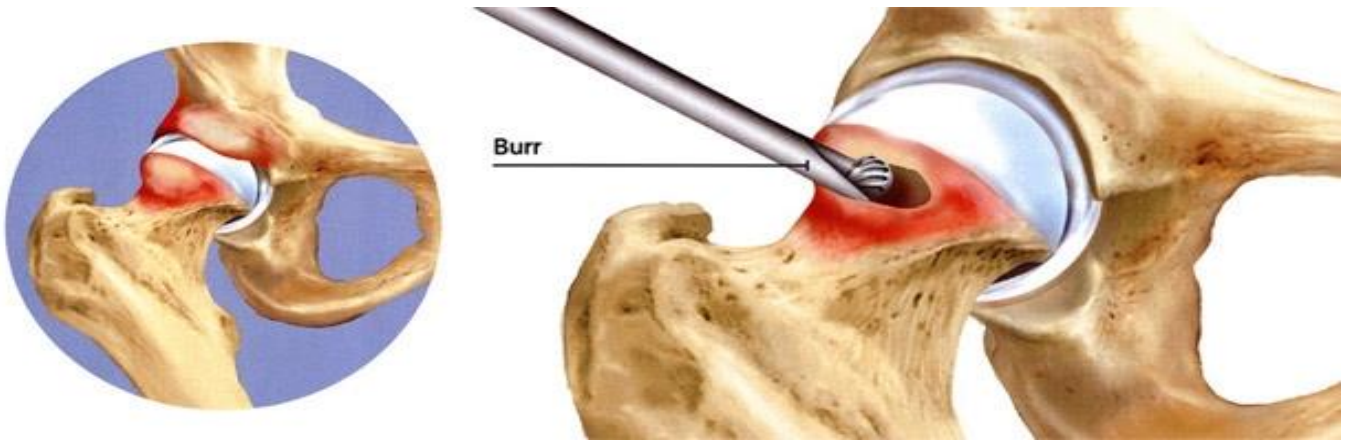
Some people may live long, active lives with FAI and never have problems. When symptoms develop, however, it usually indicates that there is damage to the hip cartilage or labrum and the disease is likely to progress. Because athletic people may work the hip joint more vigorously, they may begin to experience pain earlier than those who are less active. However, exercise does not cause FAI.

What symptoms are associated with FAI?

In the early stages, there may be no symptoms associated with hip impingement or symptoms may be mild or vague. Some typical symptoms include stiffness of the hip joint or inability to flex the hip beyond a right angle. Pain in the groin area or even into the thigh or low back particularly after the hip has been flexed (such as after running or jumping or even extended periods sitting down) and pain can occur at rest as well as during activity.

What does surgery involve?

Hip arthroscopy can correct most impingement deformities. During an arthroscopy, a miniature camera is inserted through small incisions (portals) on the side of your hip. This provides a clear view of the inside of the hip and allows Dr. Comfort to insert miniature surgical instruments through those portals to reshape your bones so they move against each other correctly. You will be asleep for the procedure which normally takes about 45-60 minutes to complete.



Dr. Comfort will discuss options with you and suggest the best treatment for your hip condition based on your history, physical exam and radiographic information (X-rays/MRI).

What can I expect after surgery?

Initial recovery from surgery usually takes between four to six weeks. Full recovery 10-12 weeks.

- **Walking:** You may be up and around using pain as a guide. You can put light pressure on the operated foot. As your pain improves, you may increase the amount of pressure on your leg until you are bearing full weight.
- **Crutch or cane use:** Use as needed for balance and support. Discontinue using an assistive device when able.
- **Driving:** You may drive anytime if you do not use a clutch and had surgery on your left leg. If it was your right leg, wait until you have adequate control over the leg to operate the controls of the vehicle. You should be putting full pressure on the leg with minimal pain and off narcotic pain medications.
- **School/Work:** You can return to school/work anytime you feel comfortable. You may have to take a week or two off until you are comfortable returning to school/work. You will need to avoid excessive walking, running, jumping, twisting, squatting and strenuous activities until cleared by Dr. Comfort.

PHYSICAL THERAPY: Outpatient physical therapy is not necessary immediately after surgery unless directed by Dr. Comfort. This will be reassessed and ordered if necessary at your post-operative appointment.