

Hip Pain in the Highly Active Person

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Hip Pain in the Highly Active Person

- Hip disease is undergoing a dramatic transformation both in terms of understanding hip pathology and providing new treatment alternatives

Hip Pain in the Highly Active Person

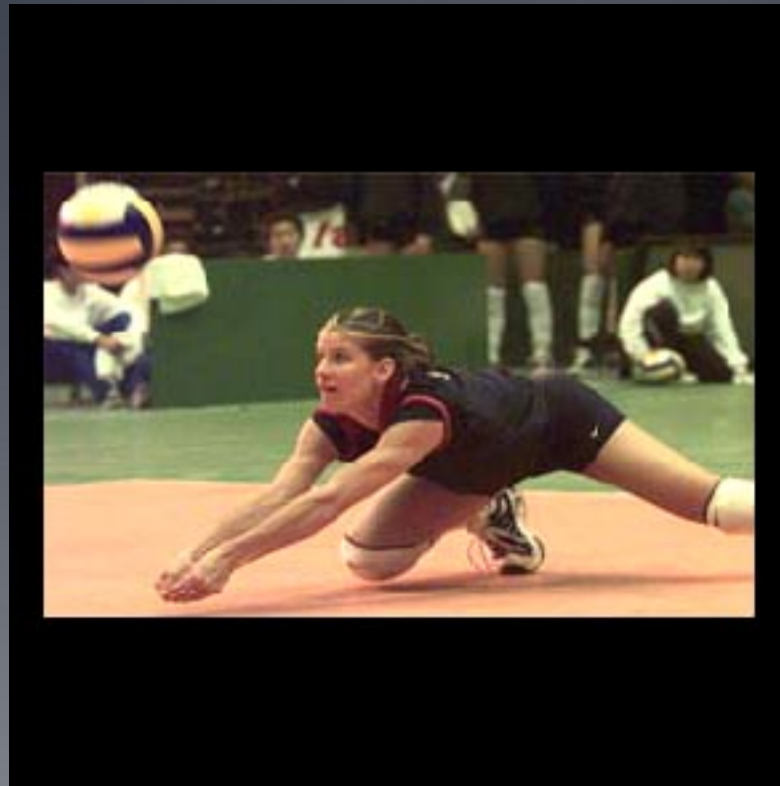
- Outline
 - Injuries and conditions in athletes
 - Treatment for athletic injuries
 - Treatment of deformities that produce arthritis
 - Treatment of arthritis in the highly active person
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Hip Pain in the Highly Active Person

- Injuries related to athletics are far better understood
 - A variety of hip conditions were all treated as a “groin pull”, when really more was going on
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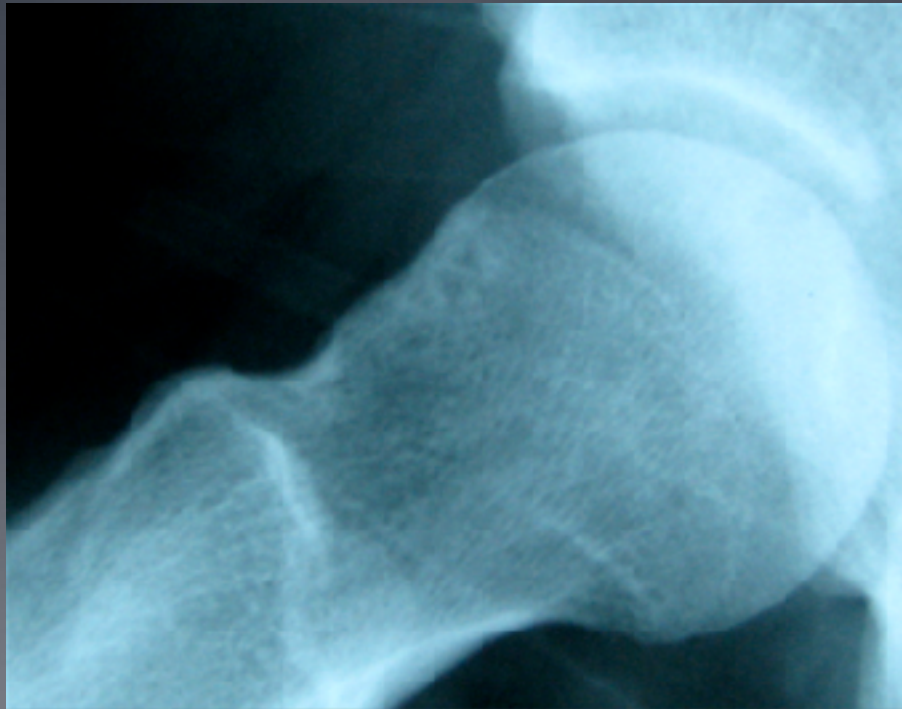
Hip Pain in the Highly Active Person

- Impingement and labral tears are examples of hip conditions that are found in athletes.



Hip Pain in the Highly Active Person

- Impingement



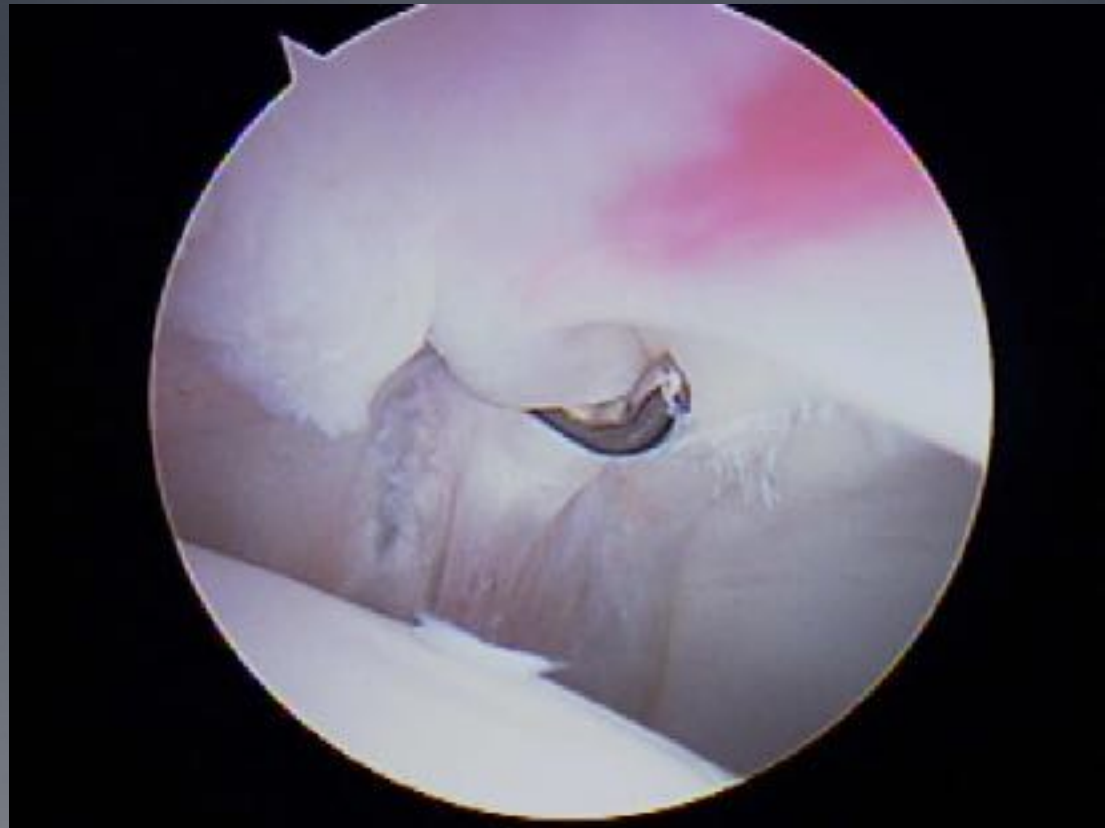
Hip Pain in the Highly Active Person

- Hip Arthroscopy



Hip Pain in the Highly Active Person

- Labral Tear



Hip Pain in the Highly Active Person

- Labral Repair



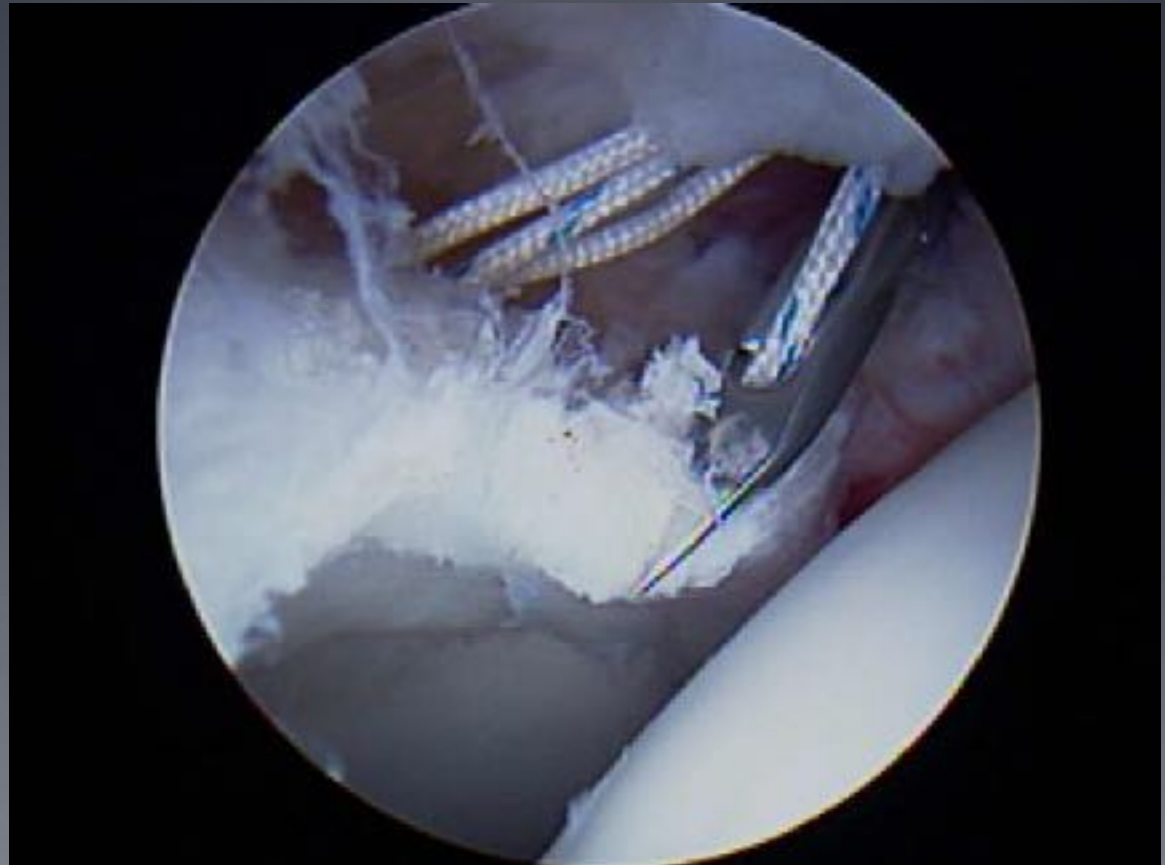
Hip Pain in the Highly Active Person

- Labral Repair



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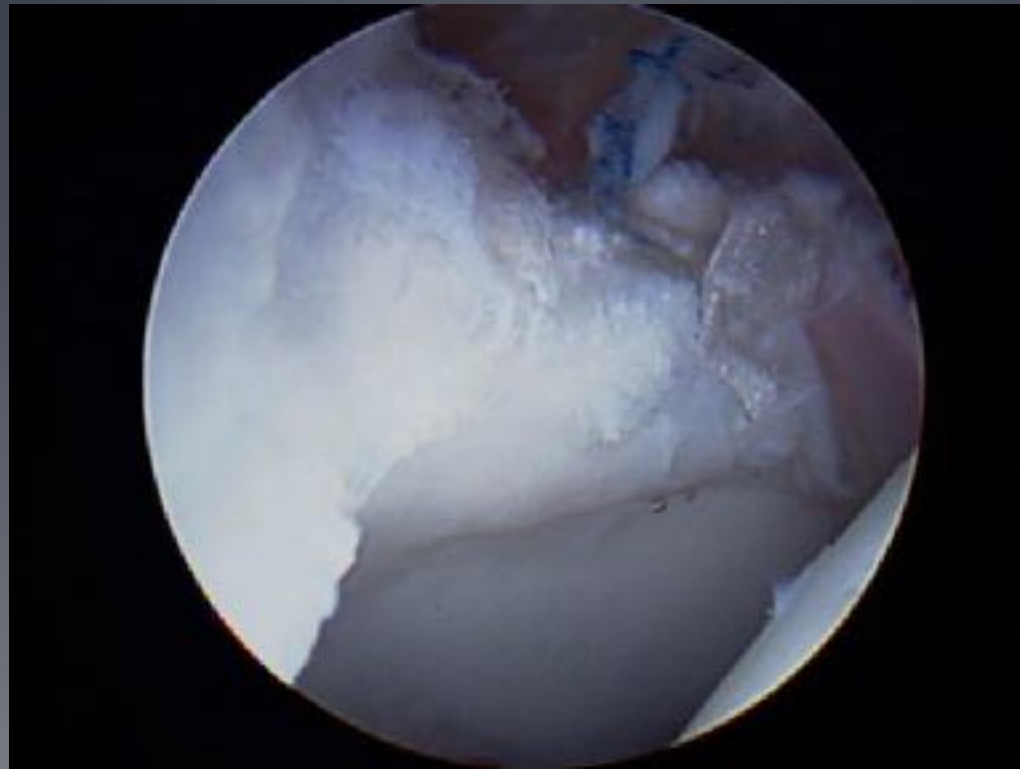
Hip Pain in the Highly Active Person

- Labral Repair



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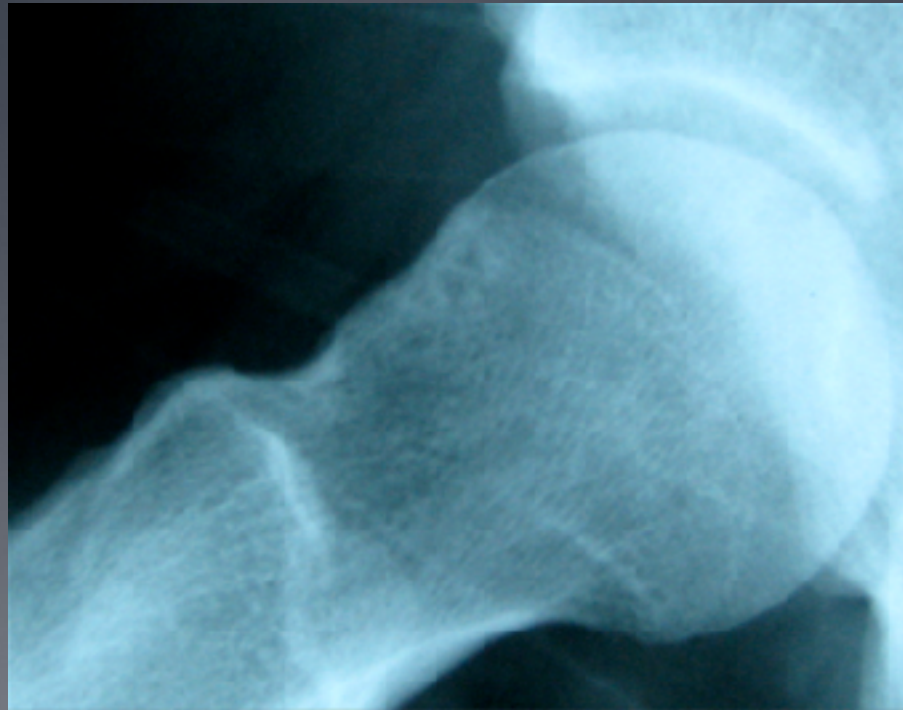


Hip Pain in the Highly Active Person

- Impingement may not lead to a labral tear but can be a cause of early hip arthritis
 - Arthroscopic removal of the bone that is impinging can be done to eliminate the impingement
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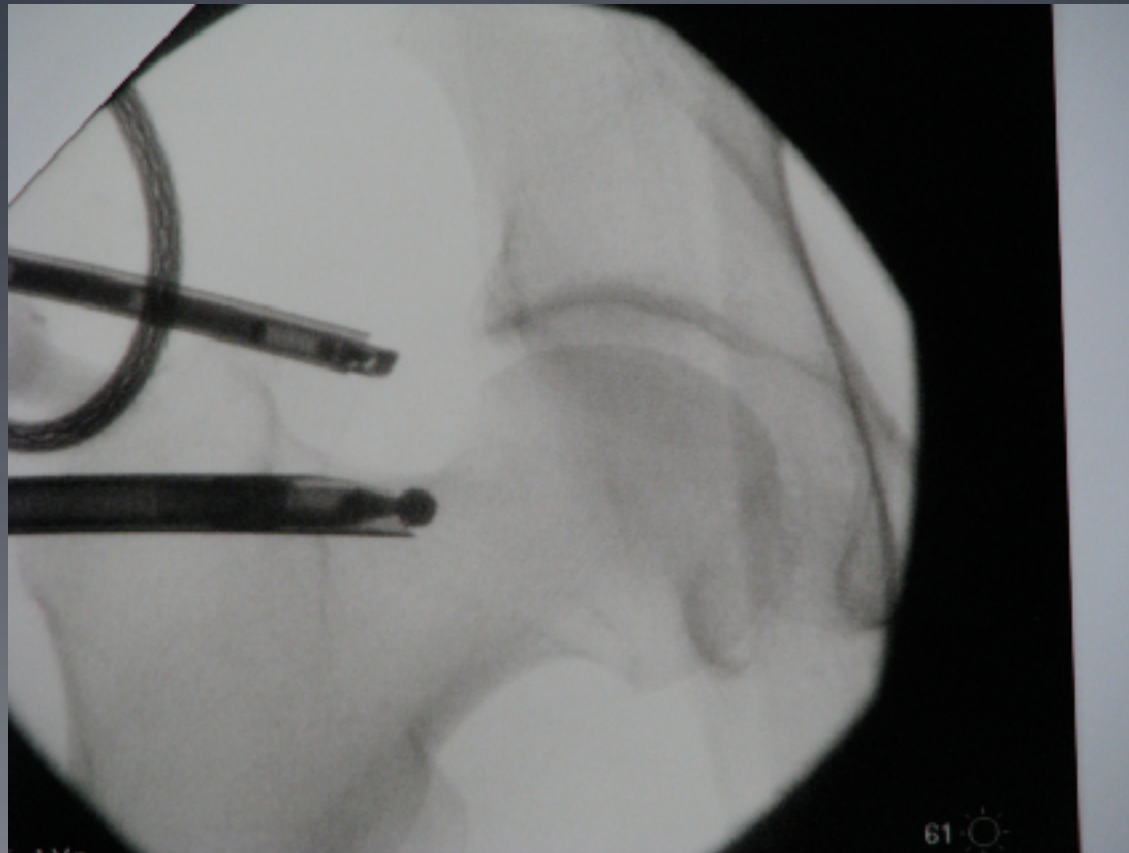
Hip Pain in the Highly Active Person

- Treating Impingement



Hip Pain in the Highly Active Person

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Hip Pain in the Highly Active Person

- Treating Impingement



Hip Pain in the Highly Active Person

- In some cases, highly active people develop end stage arthritis of the hip
- For these people, some type of artificial reconstruction is needed.



Hip Pain in the Highly Active Person

- Traditional total hips have some problems in the younger more active patient
 - Wear out too soon
 - Dislocation
 - Remove a lot of bone
 - Sensitive to impact loading (think active, think sports)
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Hip Pain in the Highly Active Person

- Problems with traditional total hips



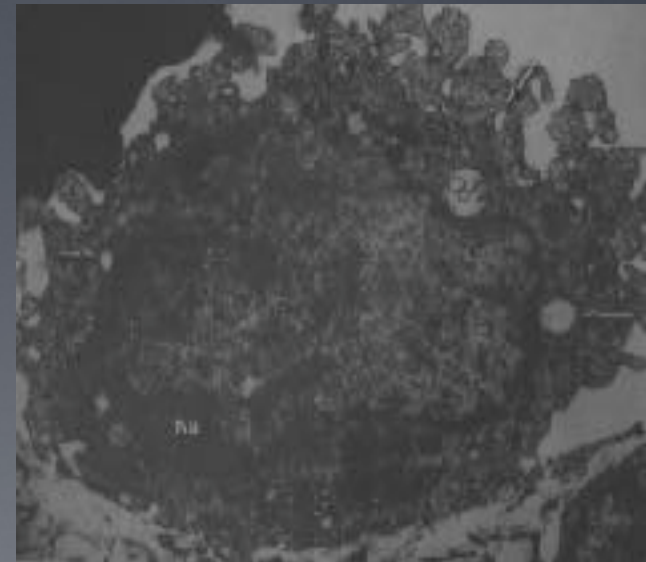
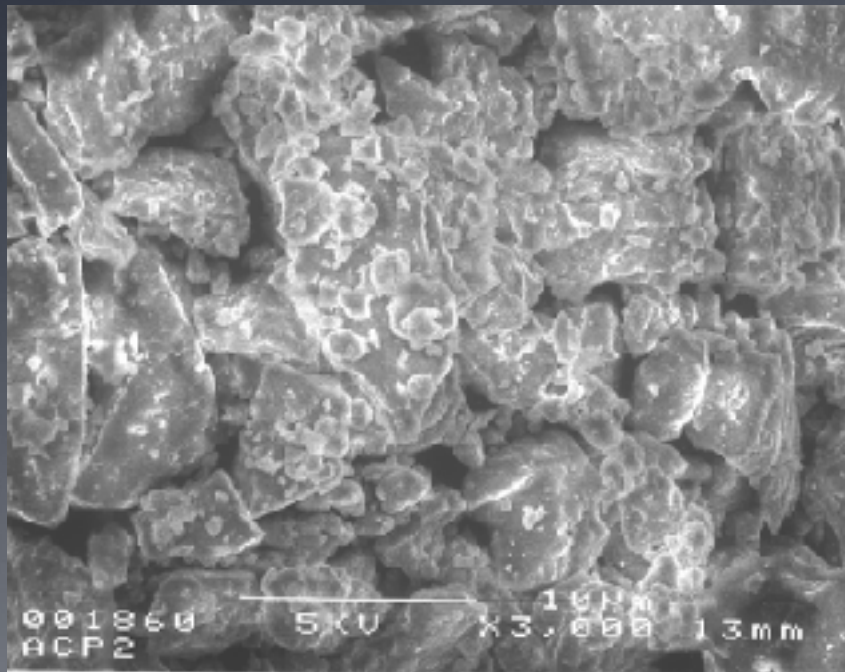
Hip Pain in the Highly Active Person

- Problems with traditional total hips



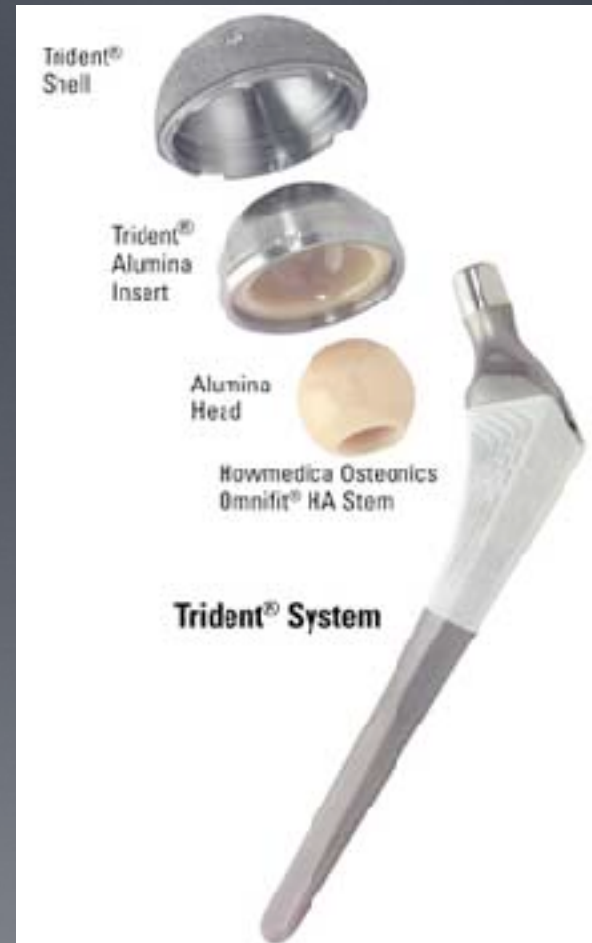
Hip Pain in the Highly Active Person

- Problems with traditional total hips



Hip Pain in the Highly Active Person

- Newer Total Hips



Hip Pain in the Highly Active Person

- Newer Total Hips



Hip Pain in the Highly Active Person

- Hip Resurfacing



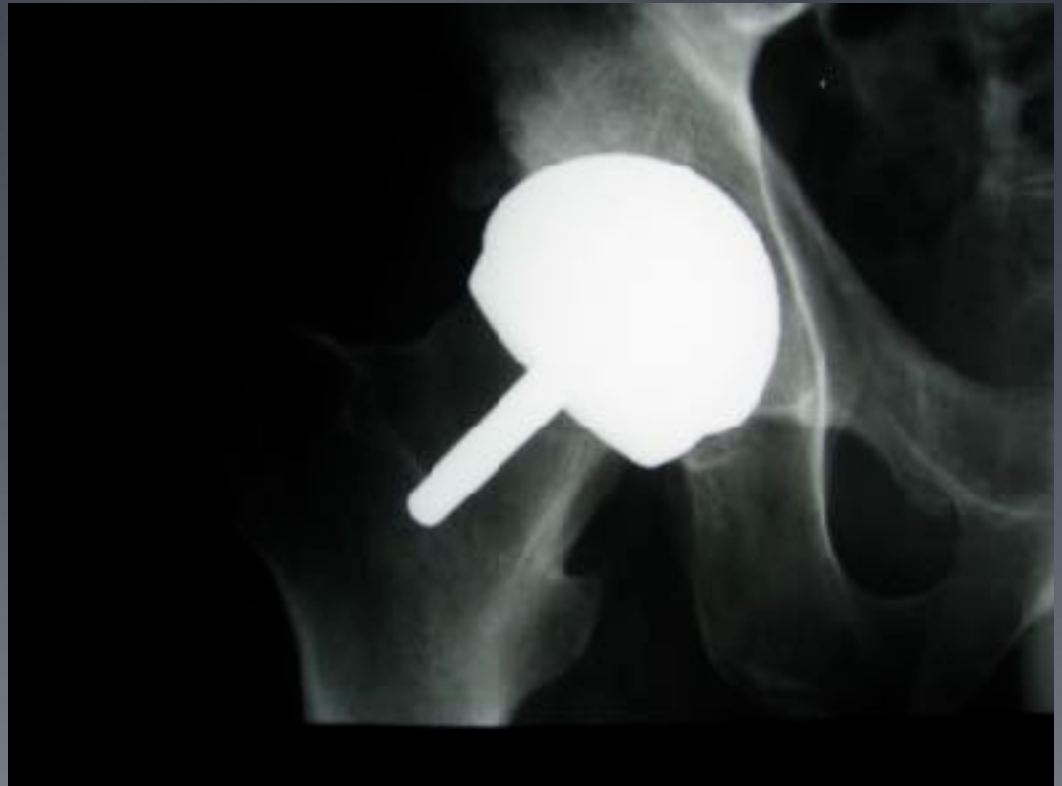
Hip Pain in the Highly Active Person

- Hip Resurfacing



Hip Pain in the Highly Active Person

- Hip Resurfacing



Hip Pain in the Highly Active Person

- All the newer hips are harder to dislocate
 - They all test well in the wear simulators
 - The metal ones are less sensitive to impact loading
 - Resurfacing removes very little bone, leaving more to work with should the implant fail
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Hip Pain in the Highly Active Person

- Recent advances in understanding and treating hip disease allow:
 - Better diagnosis and treatment of sports related hip problems
 - Treatment to prevent future arthritis
 - Reconstructions that allow a more active lifestyle
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Hip Pain in the Highly Active Person

- Thank you

