

# Advancing Health

**A CASE STUDY** from MedStar Washington Hospital Center

## *Hip Preservation Surgery:* **Arthroscopic Decompression and Labral Repair**

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### **Abstract**

An otherwise healthy 40-year-old man was diagnosed with femoralacetabular impingement (FAI) in his left hip. The patient underwent an arthroscopic femoralplasty and labral repair procedure, during which the femur ball and pelvis socket were reshaped to create a more normal configuration. The patient has since resumed running and other athletic pursuits without experiencing hip pain.



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# CASE STUDY

## Arthroscopic Decompression and Labral Repair

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### Patient Presentation

- A 40-year old, physically active male complained of progressive pain in his left hip. Range of motion was becoming increasingly limited, with the patient unable to lift his leg past 90 degrees. Inward rotation resulted in groin pain.
- Physical therapy had failed to provide any relief.
- No other related medical or surgical history.

### Assessment

- X-rays revealed femoralacetabular impingement (FAI). A large cam lesion at the head of the femoral head prevented a proper fit, while excessive bone growth around the socket pinched the joint.
- Friction from the imperfect joint fit appeared to have caused gradual deterioration, resulting in pain and other symptoms, as well as a tear of the hip labrum.
- Given the patient's relative youth and desire to remain active as long as possible, alternatives to full hip replacement were evaluated. Based on the extent of the deformity and the patient's otherwise excellent health, arthroscopic femoralplasty and hip decompression was determined to be the best alternative.

### Procedure

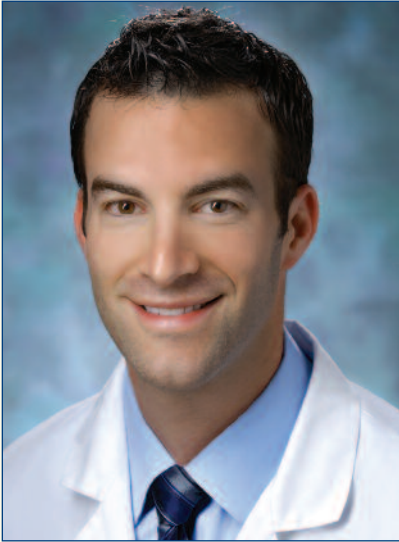
- The patient's femoral head and pincer bone were reshaped to a more congruent contour. Special care was taken to protect blood flow to the top of the femur. The labral tear was also repaired.

### Result/Outcomes

- Within hours of the procedure, the patient reported immediate relief and demonstrated immediate improvement in motion, with no pain.

### Conclusion

- Femoralplasty and labral repair procedures are a viable option for treating FAI in many cases, especially those where the patient is relatively young and active.



**Evan Argintar, MD**

*“Diagnosed early, anatomical hip variants can be successfully treated via surgical intervention, thereby slowing the development of early arthritis. While subsequent hip surgery may become necessary, patients can usually lead full, active lives for several years with no problems.”*

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