

TIP OF THE MONTH

Conservative treatment of Femoroacetabular Impingement can be successful when activity modification is incorporated into your treatment plan. Talk with your Doctor and Physical Therapist about what treatment plan is best for you.



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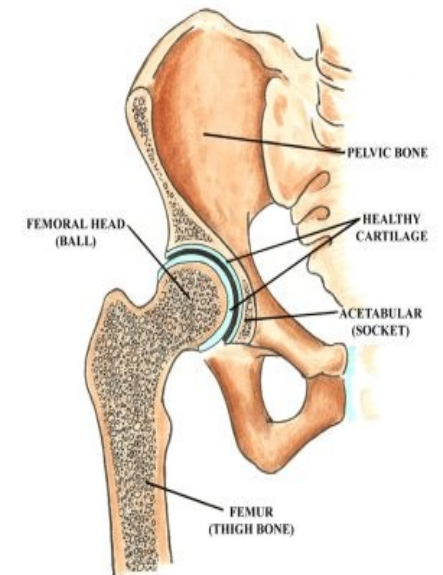


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HIP PAIN? LEARN MORE ABOUT "FAI"



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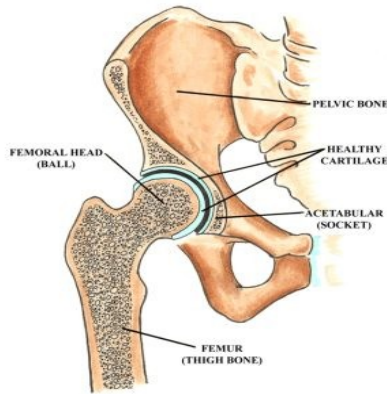


Presented by:



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HIP PAIN? LEARN MORE ABOUT “FAI”



Anatomy of the Hip Joint

The hip joint is considered a ball and socket type joint. The ball portion of the joint comes from the top of the femur, or thigh bone, and the socket (acetabulum) is part of the pelvis.

What is FAI?

FAI (Femoroacetabular Impingement) is becoming a popular topic in the medical field. FAI is a condition where there is a bony abnormality of the hip joint. Due to this change in the structure of the hip, there can be damage to the cartilage of the hip joint. FAI can also lead to early hip arthritis and other hip and back related pain.

How is FAI diagnosed?

FAI can be diagnosed from an x-ray which can show any bony changes to the ball and socket of the hip joint. If there is evidence of bony changes, then an MRI can be used to better show any changes to the joint surface and cartilage.

It is not uncommon for FAI to be misdiagnosed as back pain, groin strain, or other hip injuries early on. Individuals with FAI can have pain in the front, side or back of the hip joint, and they also note a decrease in the available range of motion of their hip.

TREATMENT OPTIONS:

Physical Therapy

Therapy can not change the bony abnormalities of FAI, but it can have some success with managing FAI when accompanied with modification to sport or activity level. Treatment should focus on core strengthening, restoring normal flexibility and leg strength, and trying to maximize the mobility of the hip joint.

Surgical Options

Surgery is common for patients who try conservative treatment but are still unable to fully return to their normal activity level. Surgery can either be performed using an open procedure, or by arthroscopic surgery. Surgery usually focuses on the repair of cartilage and joint damage from FAI as well as correcting the bony abnormalities that were the underlying cause of the hip damage.

Post-operative Care

Post-operative recovery usually requires 3-4 months depending on the type of surgery performed. Physical therapy can be beneficial after surgery to work on restoration of range of motion, strength, flexibility and normalizing gait. At this point, most patients are free to return to unrestricted activity and sports based on the surgeon's recommendations.

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