

Hip arthroscopy has no negative effect on clinical outcome of subsequent total hip arthroplasty.

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INTRODUCTION:

In the past years the numbers of hip arthroscopy (HA) worldwide exploded. Despite the improvements in patient selection the available data shows a 20% conversion rate into total hip arthroplasty (THA). The aim of this study was to detect negative influence of HA in midterm results after THA.

METHODS:

Hip arthroscopy patients were followed up routinely for complications, revisions and results using PROMs. Forty-eight Patients needed a conversion into THA. All patients were contacted, no patient was lost to follow up and 40 patients agreed to answer PROMs. These 40 patients were matched with 68 patients who had received primary THA. Parameters age, gender, height, weight, type of prosthesis and secondary diagnoses were taken into account for the matching process. The PROMs used were SF-36, mod. Harris Hip Score and WOMAC Score as well as HOOS, Hip Outcome Score and VAS.

RESULTS:

The mean follow-up was 61.6 ± 12.2 months in the HA-group and 62.8 ± 4.2 months in the control group. One of the patients in the HA-Group (2 %) underwent a two-stage revision because of an infection. This was the only major complication in the study population. No neuromuscular injuries were observed. Both groups showed a significant and similar improvement in all the PROMs after the THA (HHS : $49,27 \pm 15,76$ to $70,20 \pm 16,58$ vs. $39,97 \pm 10,85$ to $70,67 \pm 16,75$ $p < 0,05$; WOMAC $45,41 \pm 20,94$ to $74,17 \pm 24,24$ vs. $40,71 \pm 13,35$ to $74,91 \pm 18,60$ $p < 0,05$. SF 36 shows a similar improvement).

At the last follow-up there were no significant differences between the two groups (HHS $70,20 \pm 16,58$ vs. $70,67 \pm 16,75$, WOMAC $74,17 \pm 24,24$ vs. $74,91 \pm 18,60$ SF-36 PCS $39,12 \pm 12,73$ vs. $40,58 \pm 13,48$, SF-36 MCS $46,73 \pm 10,79$ vs. $47,64 \pm 11,93$).

DISCUSSION AND CONCLUSION:

No differences in PROMs between primary THA and conversion THA at mid-term follow up were observed. Hip arthroscopy is a safe therapy option and seems to have no negative effect on subsequent THA.