

## **Expectations versus Reality to Return to Sport following Hip Arthroscopy: A Prospective Study**

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### **INTRODUCTION:**

Setting appropriate expectations for orthopaedic surgery functional outcomes can contribute to postoperative motivation and satisfaction. For hip arthroscopy, the literature is limited regarding patients' expectations for returning to sport. This study aims to compare preoperative expectations with postoperative return-to-sport status in patients who underwent primary hip arthroscopy.

### **METHODS:**

We conducted a prospective cohort study of patients who underwent primary hip arthroscopy. Preinjury sport status and return to sport expectations were recorded preoperatively. Return to preinjury sport status was assessed along with updated sport expectations at a minimum of 1-year follow up after surgery (range 1.1 to 2.6 years; mean 2.0 years). The proportion of patients who expected to return was compared to actual return rates.

### **RESULTS:**

The final cohort consisted of 41 patients; 97.6% of the cohort expected to return to sport and 90.2% expected to return to their preinjury level. Only 1 patient reported that they planned to give up sport after surgery and 4 reported that they anticipated returning at a lower level. In total, 63.4% of patients who expected to return had returned by the end of the study period ( $p < .001$ ), leaving 36.6% who did not return. Some 46.3% of those who expected to return to their preinjury level actually returned to that level ( $p < .001$ ). There were no patients who had returned who reported that they did not expect to return preoperatively. There was no difference between sex or age regarding expectations to return or rates of actual return. All patients that took up a different sport went from one of high impact to low impact.

### **DISCUSSION AND CONCLUSION:**

This study found a significant difference between preinjury return-to-sport expectations and actual return rates following hip surgery. Although patients had high expectations for recovery, a majority did not return to their preinjury sport level and a high portion did not return at all. The type of movement associated with specific sports did not affect ultimate outcome. These data can provide more realistic return-to-sport expectations for patients undergoing hip arthroscopy.