

# Labral Repair is Performed in 26% to 87% of Primary Hip Arthroscopy Cases: A Systematic Review

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**INTRODUCTION:** The purpose of this study was to perform a systematic review to compare the proportion of hips undergoing labral repair, reconstruction, or debridement during primary hip arthroscopy.

**METHODS:** A systematic review was conducted according to the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines by searching PubMed, the Cochrane Library, and Embase to identify studies, published from 2015 to October 2024, on primary hip arthroscopy reporting a number of hips undergoing labral repair versus labral reconstruction. When labral debridement was performed, these numbers were included as well. The search phrase used was: *hip AND arthroscopy AND labral AND repair AND reconstruction*. Outcomes reported were the numbers of labral repairs and reconstructions in each study.

**RESULTS:** Seven studies (all level III) met the inclusion criteria with a total of 4,134 hips undergoing primary hip arthroscopy. Mean patient age ranged from 28.4 to 43.7 years, and the overall percentage of males ranged from 11.8% to 52.8% across studies. Procedures were carried out by a total of 13 surgeons. The proportion of cases in which labral repair was performed ranged from 25.7% to 86.9% across studies (Figure 1). Overall, 3,184 labral repairs, 902 labral reconstructions, and 48 selective labral debridements were performed. These procedures represented 25.6% to 86.9%, 13.1% to 21.8%, and 0.0% to 5.5% of procedures, respectively.

**DISCUSSION AND CONCLUSION:** The frequency of labral repair, when compared to reconstruction and debridement procedures, ranges from 26% to 87% of primary hip arthroscopy cases, indicating the rate varies widely and is sensitive to individual clinical practice.

Study	Total Hips (n = 4,134)	Labral Repair (n = 1,440)	Labral Reconstruction (n = 2,646)	Labral Debridement (n = 48)
Nakashima (2019)	151	126 (83.4%)	25 (16.6%)	-
Vogel (2021)	68	59 (86.8%)	9 (13.2%)	-
White (2020)	363	93 (25.6%)	270 (74.4%)	-
Matsuda (2017)	876	693 (79.1%)	135 (15.4%)	48 (5.5%)
Scanaliato (2022)	130	68 (52.3%)	62 (47.7%)	-
Maldonado (2020)	1,398	1,147 (82.1%)	251 (18.0%)	-
Dornan (2024)	1,148	998 (86.9%)	150 (13.1%)	-