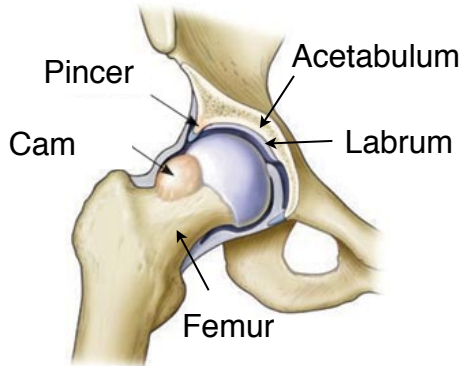


Femoroacetabular Impingement (FAI) and Labral Tears

What is Femoroacetabular Impingement (FAI)?



FAI is a condition where the hip socket (acetabulum) and the thigh bone (femur) abnormally rub against each other when you bend or rotate your hip, causing sharp pain and pinching of the labrum. The labrum is a rim of soft tissue that lines the hip socket; it may become damaged or torn as a result of FAI.

There are three types of FAI:

1. CAM-type: where there is extra bone deposited on the femur and it is no longer round
2. Pincer-type: where the socket is too deep or has bony spurs at the tip
3. Mixed: where there are both CAM and pincer findings

What causes FAI/ labral tears?

- Genetic predisposition
- Retroverted hips (hips that point slightly backwards)
- Developmental/congenital dysplasia (growth abnormality of the joint)
- Traumatic impact
- Active lifestyle/ high-level athletics

What are the symptoms?

- Sharp hip/groin pain that is worse with:
 - prolonged sitting (eg. driving)
 - standing from seated position
 - putting on socks/shoes
 - walking uphill
- Locking or catching sensation
- Low back pain

How is FAI diagnosed and treated?

Firstly, a set of standing x-rays is necessary to confirm the presence of FAI with minimal arthritis. An MRI, with injected dye (arthrogram), may also be ordered to identify labral tears. Once the diagnosis is determined, you may choose to proceed with arthroscopic hip surgery for correction of the bony abnormality and repair of the labrum. The surgery is a same-day procedure where a camera is used to view the inside of the joint and to guide the repair process. A hip brace is required for 6 weeks after the surgery to prevent dislocation.

