

## Hip Pain-Impingement

Hi my names Adam Hoad-Reddick. I am going to talk to you today about what would happen if you came to see me at my clinic at The Alexandra Hospital complaining of hip impingement type problems. I see lots of patients with sports related hip pain and a large number of those patients have hip impingement as the cause of their problems.

If you came to see me with this I would ask you some questions about the causation and triggers for your hip pain and I would also examine you. I would arrange for tests to be performed including x-rays and I would almost always arrange for an MR scan to be performed as well.

When I saw you with the result of your MR scan it may look like this. This is a classical hip impingement patient, the head of the femur, the femoral head sits within the acetabulum or cup of the hip here. You can see this triangle of tissue which should be attached here has been displaced and separated. You can see the cause of this which is this bump of extra bone on the front part of the head of the femur which is catching, and impinging, on the edge of the cup.

Treatment options for this include activity modification or injections of steroids or local anaesthetic which does nothing to change the underlying major problem. We can do keyhole surgery where we insert cameras and instruments into the hip. This involves reattaching the damaged tissue back to where it should be and reshaping the front part of the femoral neck to try and prevent further damage from occurring. This option is performed under general anaesthetic usually with an overnight stay.