

## International Conference on

**STEM CELL AND ORTHOPEDICS**  
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**PSYCHOSOMATIC AND LABORATORY MEDICINE**

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**Retrospective analysis of arthroscopic cam decompression is hip joint still preserved although at learning curve****Cihangir Turemis**

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Hip arthroscopy is an effective treatment for femoroacetabular impingement (FAI). The purpose of the present study was to report retrospectively the patients self-reported outcomes, and hip survival rates within a mean follow-up of five years. Retrospectively collected data on 25 patients with FAI within a minimum follow-up of 42 months (mean 60 months) treated with hip arthroscopy and labrum repair were analyzed. The primary outcome measures were the Hip Outcome Score (HOS) Activities of Daily Living (ADL) subscale, HOS-Sport subscale, Visual analog scale (VAS) for pain. Patient satisfaction was rated. Measurement of joint spaces and osteoarthritis (Tonnis) grading were done preoperatively and at the last follow-up visit. Pre- and postoperative mean alpha angles were  $67\pm 4$  degrees  $46\pm 3$  degrees, respectively. Minimal

clinically important difference (MCID) was achieved for HOSADL in 76 %, and for HOSSS in 56% of the patients , while all patients achieved MCID for VAS pain scores. Mean satisfaction level was  $7.5\pm 1.8$  Mean preoperative Tonnis stage of the patients was  $0.9\pm 0.9$  which increased to  $1.1\pm 0.8$  ( $p:0.046$ ). Mean preoperative lateral joint space was  $4.8\pm 1$  which decreased to  $4.5\pm 1$   $p<0.001$ . Mean middle joint space also decreased from  $4.5\pm 0.9$  to  $4.3\pm 0.7$  ( $p:0.04$ ). However this decrease was not statistically significant at joint space measured at foveal level ( $p>0.05$ ) ( $5\pm 0.8$  vs  $4.9\pm 0.7$ ). Mid-term results show that after cam decompression, it is possible to say that hip joint is at least preserved and progression of hip osteoarthritis seems to be delayed. Patient functional results, and pain scores are generally improved in accordance with the literature data.

**Biography**

Cihangir Turemis after working in the field of hip and knee arthroscopy and arthroplasty for 5.5 years in the Department of Orthopedics and Traumatology at Izmir Dokuz Eylül University, he continues his studies on knees and hips at Izmir Cesme State Hospital, where he still works.

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