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“Periacetabular Osteotomy with and without Arthroscopic Management of Central Compartment Pathology”

Hip dysplasia is a developmental abnormality of the acetabulum (hip socket) that causes abnormal stresses inside the hip joint and leads to painful arthritis at a young age. Many patients develop painful symptoms in their hip before advanced arthritis occurs. The condition affects women much more frequently than men.

The periacetabular osteotomy (PAO) is a surgical procedure that reorients the acetabulum to reduce the stresses inside the hip joint. The PAO is very effective at improving symptoms and quality of life for patients with hip dysplasia, however some patients may have residual symptoms after surgery. Problems inside the hip joint, such as tears in the cartilage, may be a source of residual symptoms.

Frequently, patients with hip dysplasia will have abnormalities identified inside their hip joint before surgery with the use of MRI (e.g. labral tears). These abnormalities inside the joint cannot easily be addressed through PAO alone. Hip arthroscopy is a separate minimally invasive surgical procedure that allows the surgeon to access the inside of the hip joint with a small camera and address any abnormalities inside the joint.

At present, it is not clear whether performing a hip arthroscopy at the same time as a PAO improves patient outcomes/symptoms after surgery compared to a PAO alone.

This research project will randomize patients to receive either a PAO alone, or a PAO and a hip arthroscopy at the same time. The patients will know which treatment they received. Patients will be followed for 2 years after surgery to assess for any differences in their self-reported symptoms to determine if there was any added benefit to performing a hip arthroscopy at the same time as a PAO.