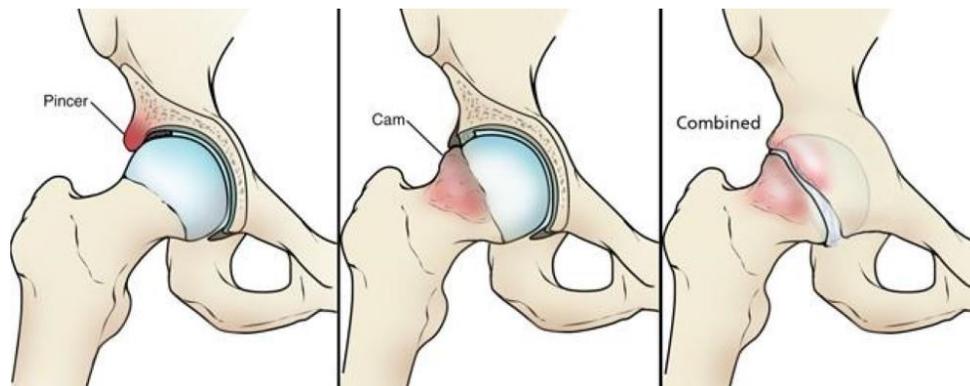




Hip Femoroacetabular Impingement (FAI)

What is a Hip Femoroacetabular Impingement (FAI)?

FAI is a condition where the hip has *an abnormal shape*. Sometimes there is a bump or extra bone growth (CAM lesion) or over coverage of bone (Pincer lesion). These bony abnormalities can affect hip mechanics and how the hip moves, especially with certain motions like flexing the hip and rotating the hip internally. Occasionally, FAI can predispose to hip labral tears and early arthritis, depending on the severity. However, many people have no symptoms and function very well with FAI.



Conservative Tx:

- NSAIDs
- Modify exercise, avoid aggravating factors
- Low impact exercises – stationary bike, elliptical, swimming, Aquafit
- Physical therapy – hip strengthening. *The mainstay of treatment!*
- Yoga – for hip mobility & motion

Injection Therapies:

Various injections have been used to treat FAI. No injection has been found to reverse FAI. Instead, injections can be used to help improve pain and function of the hip

- Traditional injections – Cortisone
- Experimental injections – Hyaluronic Acid (Visco-supplementation) injections, Platelet Rich Plasma (PRP), and Stem Cell therapy

Do I need surgery?

Many patients cope with conservative options. However, surgery is sometimes recommended for patients who are young, active, and participate in a lot of running and cutting sports. Very few Orthopedic surgeons perform this surgery (hip arthroscopy), and outcomes are variable. Hip rehabilitation may take 6-12 months before patients notice significant improvement. For these reasons, hip surgeons are very selective about who they select for arthroscopic hip surgery.