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“The impact of varying weightbearing restrictions on postoperative outcomes following arthroscopic surgery for femoroacetabular impingement: a randomized pilot”

Femoroacetabular impingement (FAI) is a condition where the shape of the bones that form the hip joint make contact with each other during hip movements (termed impingement), that often occurs in young, active individuals. Left untreated, patients often experience pain, reduced activity in life and sport, and may develop hip osteoarthritis. While hip arthroscopic surgery is commonly used and shown to help patients with FAI, post-operative care relies more on expert opinion than validated treatment plans. This study will randomize patients following hip arthroscopy to groups that follow either partial weightbearing restrictions, where they can just lightly put their foot down, or weightbearing as tolerated, where they can put as much weight on their surgical limb as they are comfortable with in the three-week period immediately following surgery. Measures of their physical performance (i.e. muscular strength), the integrity of their surgical repair, and of their quality of life, readiness to return to sport and function in daily life will be taken before surgery and six and 12 months following the procedure. The results of this study will help clinicians provide optimal post-operative care through effective weightbearing guidance in the early post-operative period and inform patients of their functional status and readiness to return to sport using clinically validated tests following hip arthroscopy.