



LUND UNIVERSITY

Self-reported hip function and performance based measures in patients following hip arthroscopy compared to an asymptomatic control group – A cross sectional study

Wörner, Tobias; Nilsson, J.; Thorborg, Kristian; Stålmán, Anders; Eek, Frida

2018

[Link to publication](#)

Citation for published version (APA):

Wörner, T., Nilsson, J., Thorborg, K., Stålmán, A., & Eek, F. (2018). *Self-reported hip function and performance based measures in patients following hip arthroscopy compared to an asymptomatic control group – A cross sectional study*. Poster session presented at 1st Swiss Sports Med & Sportfizio Conference, Bern, Switzerland.

Total number of authors:

5

General rights

Unless other specific re-use rights are stated the following general rights apply:

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal

Read more about Creative commons licenses: <https://creativecommons.org/licenses/>

Take down policy

If you believe that this document breaches copyright please contact us providing details, and we will remove access to the work immediately and investigate your claim.

LUND UNIVERSITY

PO Box 117
221 00 Lund
+46 46-222 00 00



Self-reported hip function and performance based measures in patients following hip arthroscopy compared to an asymptomatic control group – A cross sectional study

Wörner T^{1,2}, Nilsson J³, Thorborg K⁴, Granlund V², Stålmán A^{2,5}, Eek F¹,

LUNDS
UNIVERSITET

¹ Department of Health Sciences, Lund University, Sweden; ² Capio Arthro Clinic, Stockholm, Sweden; ³ Linnaeus University, Kalmar, Sweden; ⁴ Sports Orthopaedic Research Center (SORC-C), Department of Orthopaedic Surgery, Copenhagen University Hospital, Amager-Hvidovre, Denmark; ⁵ Department of Molecular Medicine and Surgery, Stockholm Sports Trauma Research Center, Karolinska Institutet, Stockholm, Sweden.

Background

Little is known about hip related function, mobility and performance that may be related to residual hip pain, impaired sport function, and low rates of return to performance in patients following hip arthroscopy (HA).

Purpose

To compare measures of subjective and objective hip function in HA-patients 6-10 months after surgery and a healthy control group. Furthermore, we compared patients' objective function between the surgically treated hip and the contralateral hip.

Methods

HA patients [N=33 (mean 8.1 months post-op)] and 33 gender-, age-, and activity level matched controls were compared regarding subjective [Copenhagen Hip and Groin Outcome Score (HAGOS)], and objective hip function [Flexion-, internal and external rotation ROM; isometric adduction-, abduction-, flexion-, internal and external rotation strength and performance based measures (Y-balance test (YBT), medial and lateral hop test, Illinois agility run test)].

Results

HA-patients reported worse subjective hip function than controls (Figure 1). Objective measures of hip ROM, hip flexion strength and posterior-medial YBT reach were also reduced in HA patients, while only small effects were observed for other objective measures of hip function (Figure 2). In within-subject comparison, no clear effect size pattern favouring one hip over the other emerged and only passive hip flexion was reduced in the surgically treated hip (Figure 3).

Conclusion

Subjective hip function is substantially impaired in patients 6-10 months following hip arthroscopy for FAIS compared to a healthy control group. HA-patients presented with comparable objective hip function for the majority of outcomes, with exception of hip range of motion and functional measures dependent on range of motion.

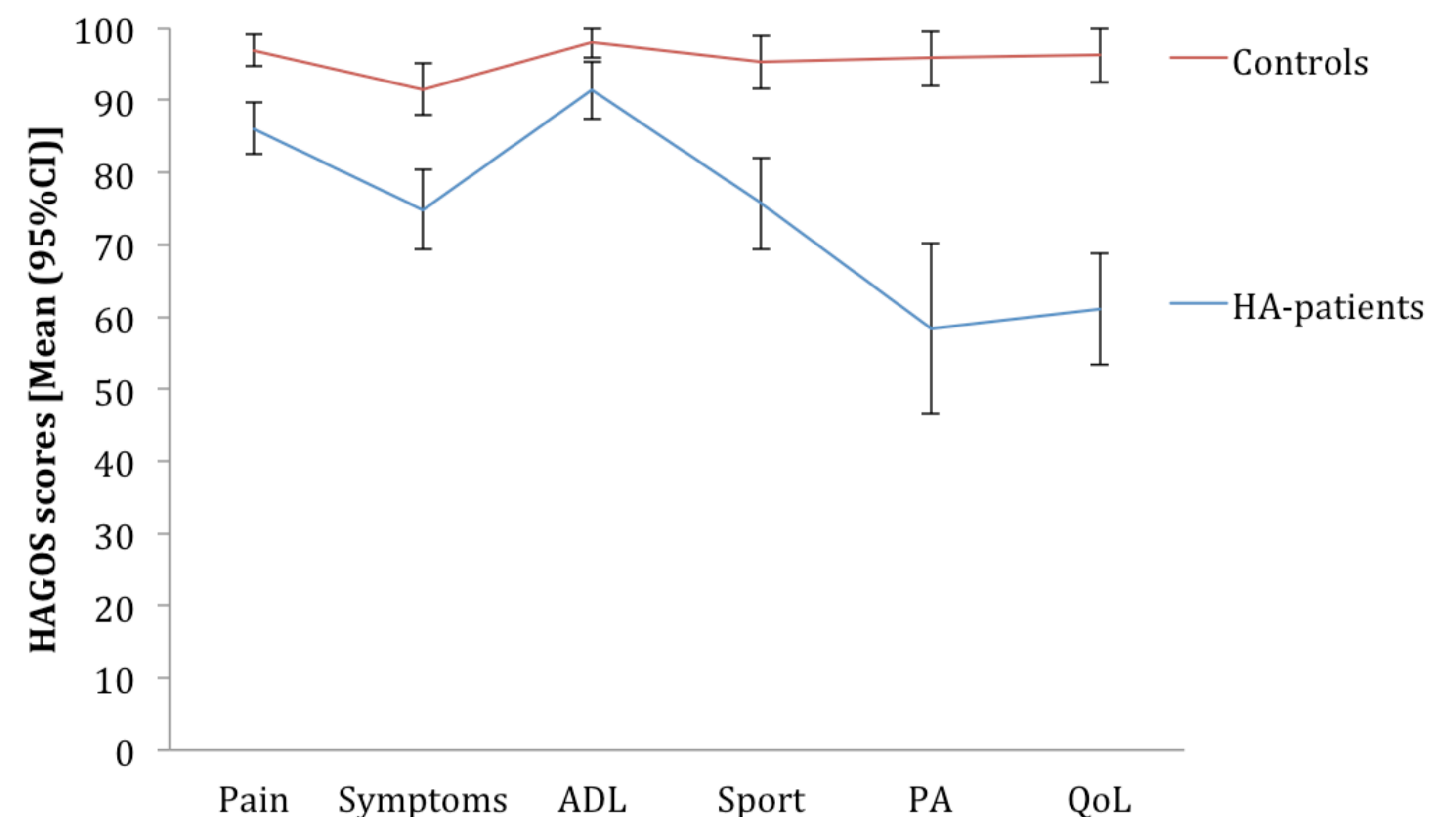


Figure 1: Group comparison of self-reported hip function (HAGOS)

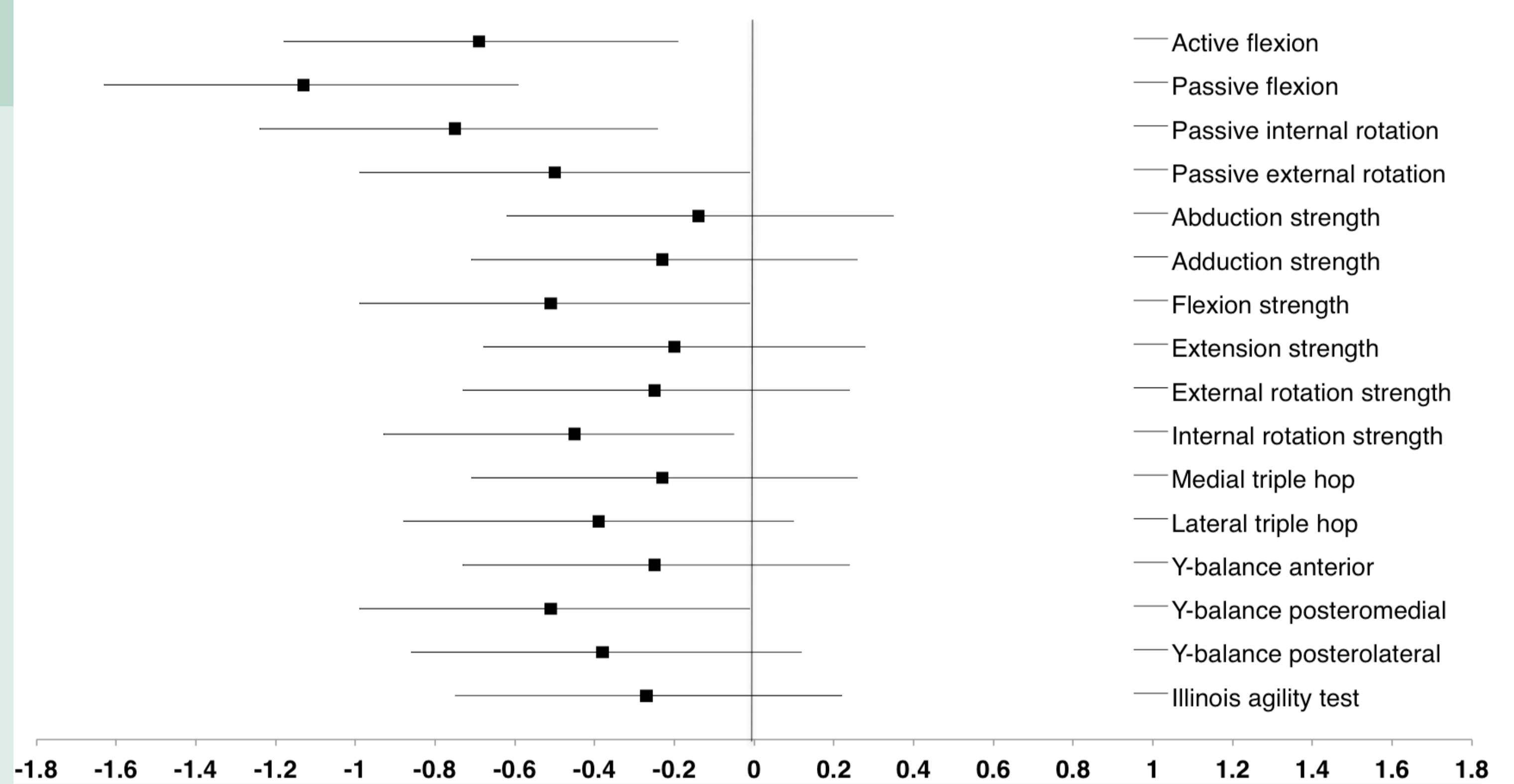


Figure 2: Effect sizes (Cohen's d) for group comparisons of objective outcomes. Negative effect sizes indicate inferior outcomes in hip arthroscopy patients

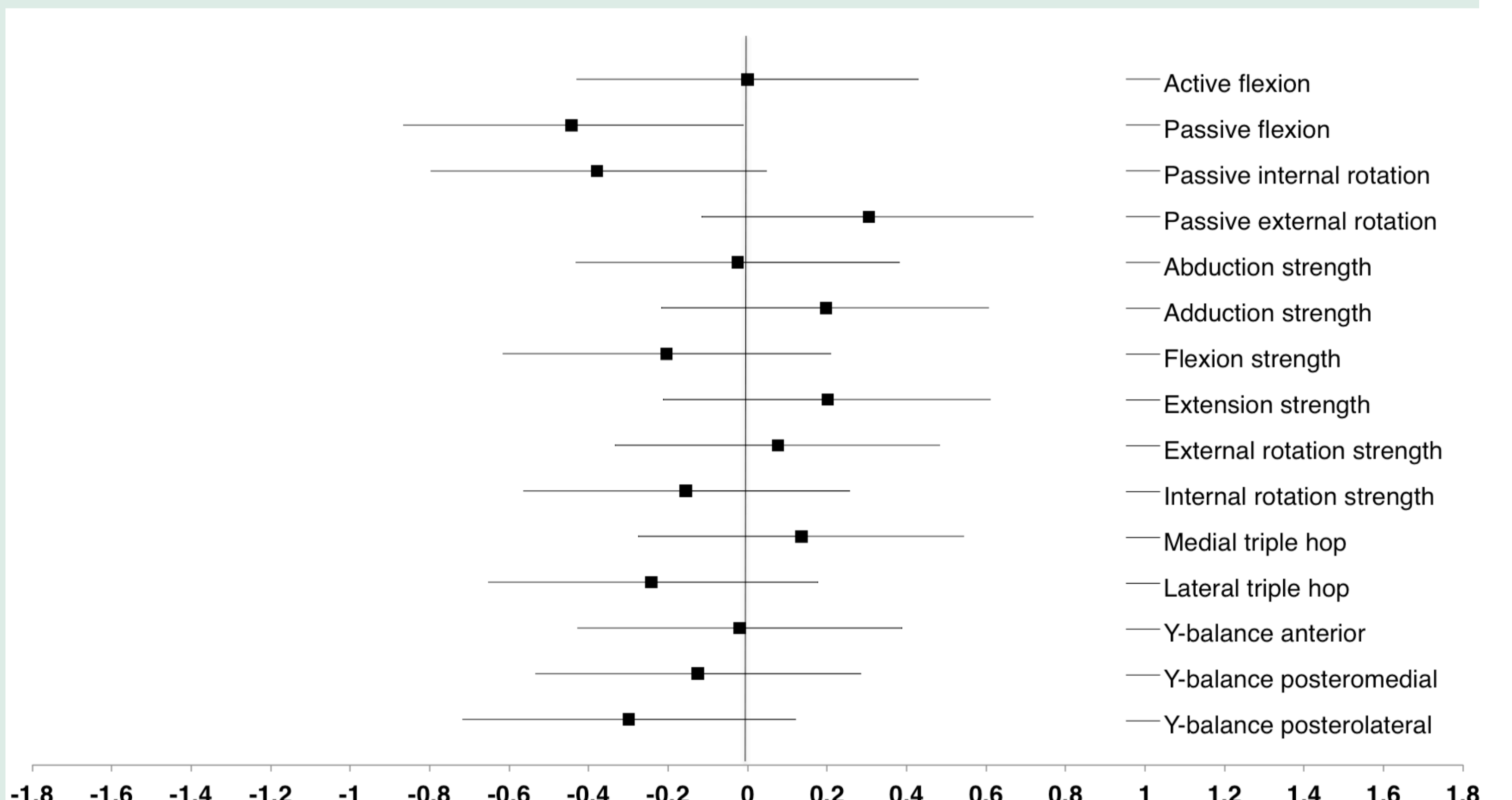


Figure 3: Effect sizes (Cohen's d) for side-to-side comparison of objective outcomes. Negative effect sizes indicate inferior outcome of the surgically treated hip