REFERENCES

FAI BONE MORPHOLOGY DOES NOT SEEM TO LEAD TO ARTHRITIS


Key Points:

Followed 43 patients with cam impingement for 10 years to see if arthritis developed/worsened.

“The results of this study suggest that mild to moderate osteoarthritis in hips with a pistol-grip deformity will not progress rapidly in all patients, with one-third of them taking at least ten years to manifest, although we have no evidence that it will ever do so…A hip with cam impingement is not always destined for end-stage arthritic degeneration.”


Key Points:

720 people with pincer impingement or acetabular undercoverage (dysplasia) followed for five years to determine risk of osteoarthritis.

“A pincer deformity was not associated with OA, and might even have a protective effect on its development, which questions the supposed detrimental effect of pincer impingement.”


The FAI Fix

[http://thefaifix.com](http://thefaifix.com)

Key Points:

Followed 96 patients with cam, pincer, and mixed impingement from ages 16 to 65. 82.3% of the hips remained arthritis free for an average of 18.5 years. 17.7% developed arthritis at an average of 12 years.

“We conclude that a substantial proportion of hips with femoroacetabular impingement may not develop osteoarthritis in the long-term. Accordingly, in the absence of symptoms, prophylactic surgical treatment is not warranted.”

*Our note: there doesn’t seem to be strong evidence that FAI morphology causes pain or motion problems. This study shows that the morphology does not lead to arthritis. Therefore both major reasons one might rely on to consider surgery to reshape the bones are totally unfounded.*