

البحث الأول

Three Years Follow Up After Arthroscopic Acetabular Labral Partial Debridement In A Cohort Of Egyptian Population

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Background: The acetabular labrum is a fibro-cartilaginous structure attached to the acetabular rim, it plays important role in providing a seal enhancing the hip stability. Labral tear is a major cause of hip joint pain and a leading indication for performing hip arthroscopy with many options of treatment such as debridement, repair and reconstruction. To our knowledge there were no published studies in Egypt regarding the arthroscopic labral management.

Aim of this study was to evaluate the functional outcome after three years following arthroscopic labral partial debridement in a cohort of Egyptian population with labral tears using the modified Harris hip scoring system.

Materials & Methods: A prospective case series study from October 2014 till March 2018 including adult Egyptian population with labral tears, routine hip joint arthroscopy was done and partial labral debridement was performed. The modified Harris hip score was used to assess the functional outcomes both at preoperative and the postoperative follow up at six months and three years.

Results: The study included 25 patients with partial labral debridement. The commonest location of labral tear was anterosuperior (64%) and cam type femoro-acetabular impingement was associated with labral tears in 22 patients. There was a statistically significant improvement in the patient functional outcome at three years postoperative with P value 0.000.

Conclusions: This study suggests that the arthroscopic unreparable labral tear management with partial labral debridement showed a significant improvement in the patients' functional score. This management option is safe with reasonable rate of complications.