

CASE STUDY

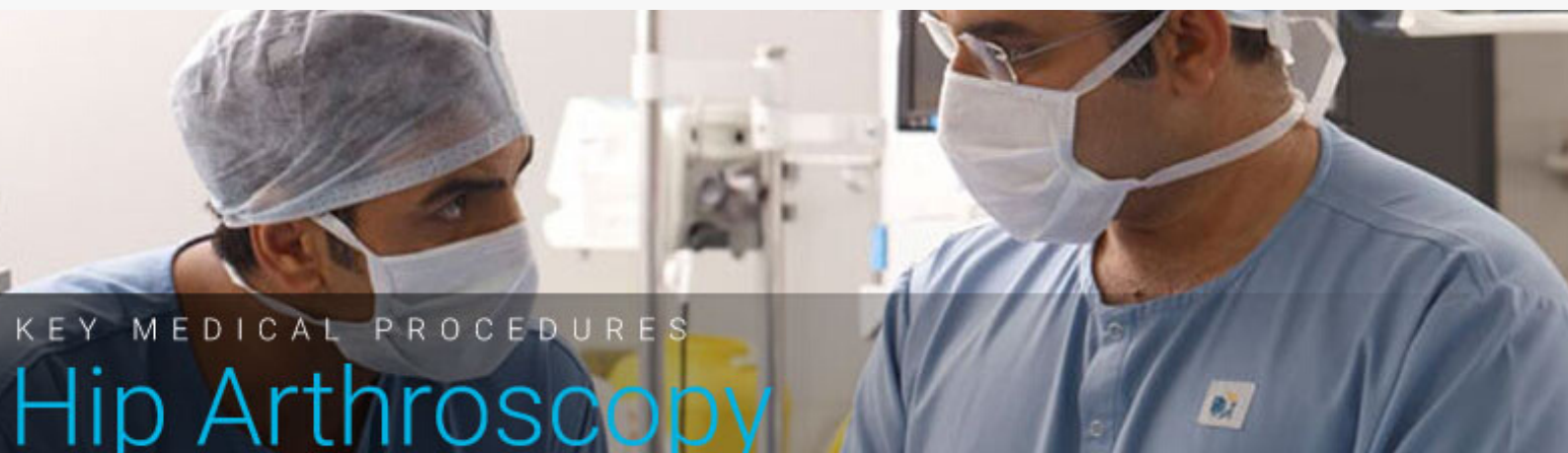
BILATERAL THERAPEUTIC HIP ARTHROSCOPY: AN INNOVATIVE APPROACH THIS IS THE FIRST SURGERY OF ITS KIND DONE IN ANDHRA PRADESH AND TELANGANA.

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A 25 year female patient presented with bilateral hip pain. She had a history of taking corticosteroids for Asthma in the past. Her radiographs and MRI scan showed femoral head avascular necrosis (AVN). It was grade 3 in the right hip and grade 4 in the left hip (Ficat & Arlet classification) Normally, for this condition in our region, bilateral total hip replacement is done routinely. Dr Khan with his vast UK experience, opted for therapeutic hip arthroscopy in which he is well trained.

After informed consent, he did right hip arthroscopic assisted core decompression along with autologous stem cell implantation, synovectomy & chondroplasty. On the left side, he did arthroscopic synovectomy, chondroplasty, anterior labral debridement, excision of small pincer lesion. Patient recovered well and had been discharged.

There are a lot of tribal people in the adjoining regions of north Andhra Pradesh, Orissa and Chattisgarh who come to our city with Sickle cell Anemia for treatment. Significant number of these people develop Avascular necrosis of the femoral heads as a sequelae. With this innovative approach, we potentially could reduce the number of major surgeries they undergo in the hips in their lifetime. Thereby, reducing both the financial and psychological burden on the patient and family.



KEY MEDICAL PROCEDURES

Hip Arthroscopy

