

Chapter 62

Hip Osteoarthritis



Stephen Marcaccio

Define osteoarthritis.	A pathologic, non-reversible condition characterized by destruction of articular cartilage
Describe a physical exam for a patient with hip OA.	Overweight body habitus, potential leg length discrepancy, lack of full extension or flexion in passive ROM, catching/clicking
Name four radiographic findings with OA.	<ol style="list-style-type: none">1. Subchondral cysts2. Subchondral sclerosis3. Osteophyte formation4. Joint space narrowing
What is the conservative treatment for hip OA?	Physical therapy, scheduled anti-inflammatories, weight loss

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What is the eponym for the direct anterior approach to the hip?	Smith-Petersen
What is the eponym for the posterior approach to the hip?	Southern/Moore
What is the interval for the direct anterior approach to the hip?	Superficial: TFL/Sartorius Deep: Rectus femoris/gluteus medius
What is a major danger in the direct anterior approach to the hip?	Lateral femoral cutaneous nerve
What is a major danger in the direct posterior approach to the hip?	Sciatic nerve
What is the classic position of posterior hip dislocations?	Flexion, adduction, and internal rotation
What is the classic position for anterior dislocation of the hip?	Extension, abduction, and external rotation
