



## hip arthroscopy

*Minimally invasive treatment relieves pain and restores mobility*

# FAQ

**About Hip Pain** Hip injuries are extremely common in many sports due to the tremendous forces placed on the hips. Common symptoms include hip or groin pain upon movement, snapping hip syndrome, inability to flex or rotate the hips without pain, hip pain when sitting, hip pain when going up stairs, and hip pain when picking something up off the ground.

Summit Orthopedic Specialists offers hip arthroscopic surgery for patients suffering from hip pain related to labral tears, femoroacetabular impingement, loose bodies, synovitis and other conditions.

### **How is Hip Arthroscopy Performed?**

During hip arthroscopy, the patient is anesthetized and the damaged hip is gently pulled away to separate the ball and socket in the hip joint. Through the separation of the joint, the doctor inserts a tiny camera via a small incision in the leg.

The camera or “scope” allows the doctor to see the hip joint and make an accurate diagnosis and treatment plan.

During the minimally invasive surgery, the surgeon can also insert other instruments into another small leg incision to perform necessary procedures, such as removing loose cartilage, smoothing or repairing damaged cartilage, or trimming bone spurs.

The window of opportunity to perform hip arthroscopy is limited, as the medical conditions that cause hip pain can lead to arthritis if left untreated for a prolonged time.

The outpatient procedure requires highly technical equipment and a high degree of surgical expertise. However, it offers an excellent minimally invasive alternative to “open” hip surgeries, which involve a larger incision and longer recovery time.

### **Benefits of Hip Arthroscopy**

For active patients under age 40 and select older individuals who have good cartilage and healthy joints, hip arthroscopy is an excellent early intervention for hip problems.

Because small incisions are made, people who have arthroscopic treatment have minimal surgical trauma and may regain their active lifestyles sooner than open surgery. Arthroscopy is an outpatient procedure, so patients return home the same day. After a period of rehabilitation, most patients are able to return to full, unrestricted activities.

Summit physician Hunter Greene, M.D., is the area’s only orthopedic surgeon fellowship-trained in the highly specialized arthroscopic hip surgery. To learn more, call Summit Orthopedic Specialists at (916) 965-4000 or visit [www.mysummitortho.com](http://www.mysummitortho.com).

