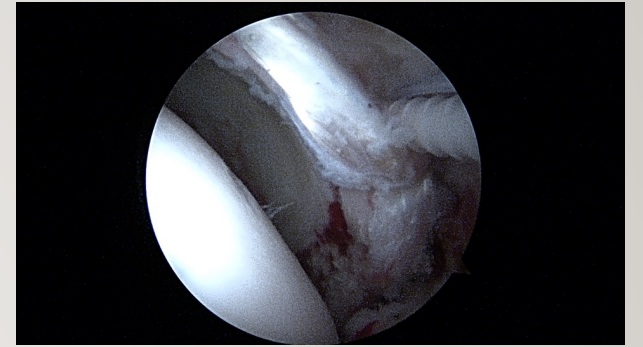


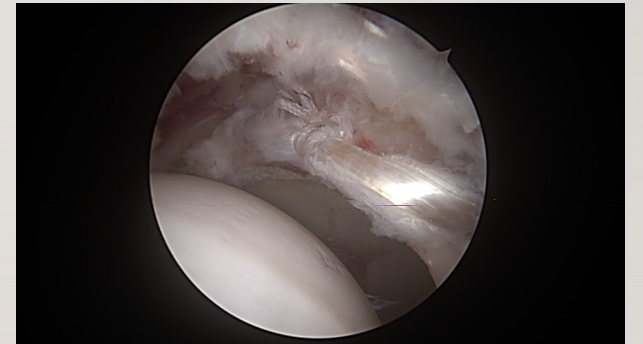
# CONFLICTO FEMORO ACETABULAR.

SI NO LO OPERAS, NUNCA  
MEJORA??

---



DR. GONZALO COUCEIRO SÁNCHEZ  
INSTITUTO MÉDICO ARRIAZA Y ASOCIADOS.  
A CORUÑA.



# CLINICA PROGRESIVA??

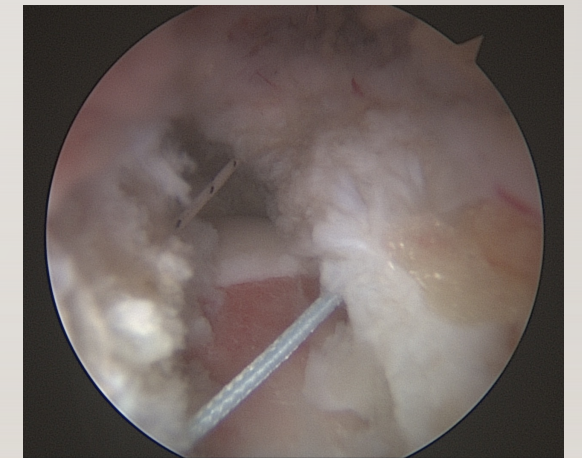
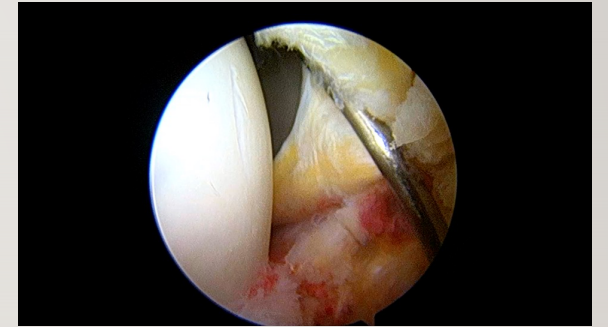
**DOLOR INGUINAL LEVE CON EL EJERCICIO**



**DOLOR EN ACTIVIDADES MODERADAS**

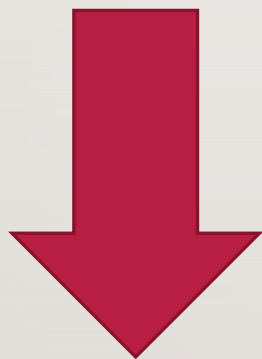


**COJERA , FARMACOS, DOLOR HABITUAL, RIGIDEZ**

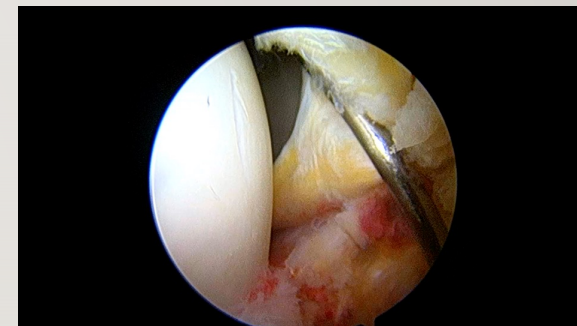


# CLINICA PROGRESIVA??

**NO MEJORA SI NO SE OPERA**



**COJERA , FARMACOS, PINCHAZOS AL FLEXIONAR EL TRONCO**



# CLINICA PROGRESIVA + CAMBIO MORFOLOGICO

TONNIS 0



TONNIS 1



TONNIS 2



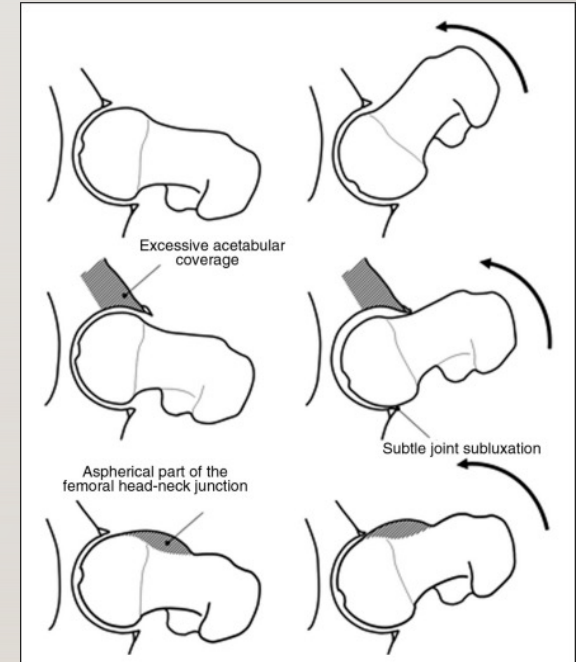
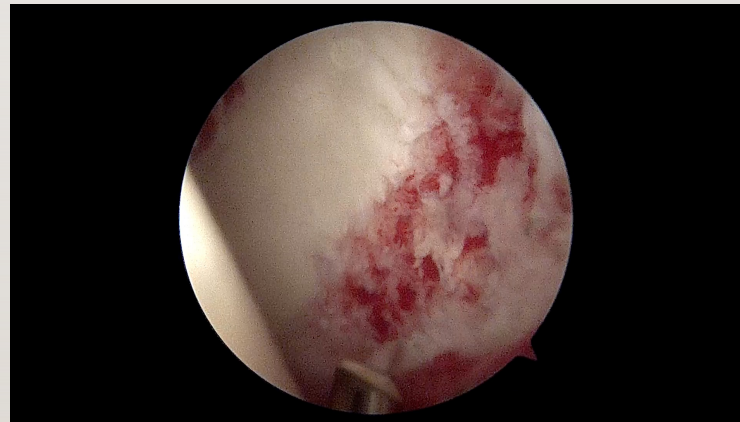
TONNIS 3

EPOCA PRE-GANZ : 10% : displasia, Perthes y Epifisiolisis, 90% idiopatica

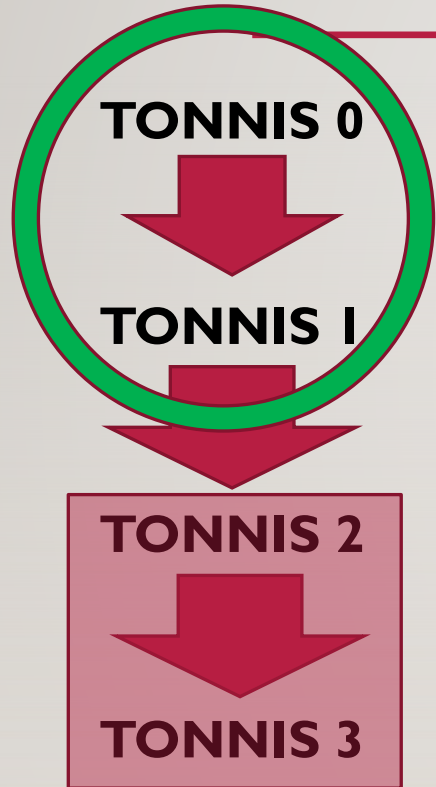


CONFLICTO FEMOROACETABULAR

NO OPERAR!!!!???



# CLINICA PROGRESIVA + CAMBIO MORFOLOGICO

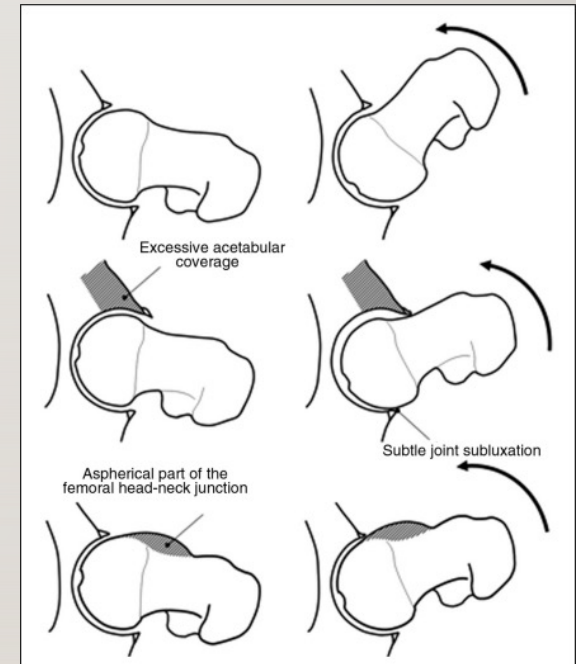


EPOCA PRE-GANZ 10% : displasia, Perthes y Epifisiolisis, 90% idiopatica



CONFLICTO FEMOROACETABULAR

NO OPERAR!!!!???



# CLINICA PROGRESIVA + FACTOR PACIENTE

---

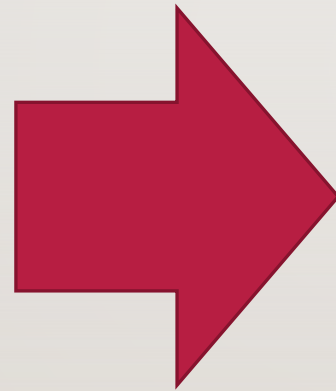
## PEORES PACIENTES:

MAYORES

OBESOS

REUMATICOS

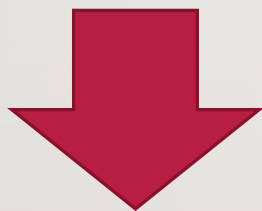
SEDENTARIOS



FISIOTERAPIA Y OTROS??

# PRESERVAR EL HOMBRO

ROTURA MASIVA MANGUITO. **TRATAMIENTO CONSERVADOR**



**ARTROSIS GLENOHUMERAL**

Management of irreparable massive rotator cuff tears: a systematic review and meta-analysis of patient-reported outcomes, reoperation rates, and treatment response. Kovacevic D. J Shoulder Elbow Surg. 2020 Dec;29(12):2459-2475. **Mejor cirugía que fisioterapia.**



# PRESERVAR LA RODILLA

**GENU VARO PROGRESIVO. TRATAMIENTO CONSERVADOR**



**ARTROSIS**

Flecher X, Parratte S, Aubaniac JM, Argenson JNA. A 12-28-year followup study of closing wedge high tibial osteotomy. Clin Orthop Relat Res, 2006, 452: 91–96.  
85% SUPERVIVENCIA A 20 AÑOS.





# ARTROSCOPIA VS FISIOTERAPIA: BIBLIOGRAFIA

**Table 2** Randomised clinical trials comparing arthroscopic surgery with non-operative care or sham surgery for femoroacetabular impingement syndrome

Trial	Trial ID	Country	Sample Size	Interventions	Reporting Year
UK FASHIoN	ISRCTN64081839	UK	344	Arthroscopic surgery vs physiotherapy	2017
Aus FASHIoN	ACTRN12615001177549	Australia	120	Arthroscopic surgery vs physiotherapy	2018
FAIT	NCT01893034	UK	120	Arthroscopic surgery vs physiotherapy	2017
FIRST	NCT01623843	Canada and Finland	220	Arthroscopic surgery vs arthroscopic washout	2017
HIPARTI	NCT02692807	Norway and Australia	140	Arthroscopic surgery vs diagnostic arthroscopy	2020
US MHS	NCT01993615	USA	60	Arthroscopic surgery vs physiotherapy	2017

US MHS, United States Military Health System FAI Trial.

Griffin DR, et al. Br J Sports Med 2016;50:1169–1176

# ARTROSCOPIA VS FISIOTERAPIA: BIBLIOGRAFIA

---

- **AUSTRALIAN FASHION TRAIL 2021.** Hunter DJ BMC Musculoskelet Disord. 2021 Aug 16;22(1):697: **Patients treated with surgery reported greater benefits in symptoms at 12 months compared to PHT**, but these benefits are not explained by better hip cartilage metabolism
- **UK FASHION TRAIL 2022** Griffin et al, Health Technol Assess. 2022 Feb;26(16):1-236
- **“At 2-3 years,...the results, so far, suggest that if a person has painful hip impingement, then hip arthroscopy offers great improvements than personalized hip therapy”**
- **FAIT** Palmer AJR, BMJ. 2019 Feb 7;364 **“superior outcomes with arthroscopic hip surgery than with physiotherapy and activity modification”**.

# ARTROSCOPIA VS FISIOTERAPIA: BIBLIOGRAFIA

---

## MEJOR ARTROSCOPIA QUE FISIOTERAPIA:

### METAANALISIS

3 RCT: GAO 2021, CASARTELLI 2021, DWYER 2020, MOK 2021 , SCHWABE 2020, GATZ 2020  
5 ESTUDIOS: KIM 2020

### LONG TERM

MALDONADO 2021 5-20 a., KYIN 2021 1571p 5-20 a.

### OTROS

O´CHIARI 2021 (MEJOR F GLUTEOS)  
SPENCER-GARDNER 2017 CX>FISIO A 1,5 A.

# ARTROSCOPIA VS FISIOTERAPIA: BIBLIOGRAFIA

---

## MEJOR FISIOTERAPIA QUE ARTROSCOPIA:

### METAANALISIS

**WALL 2013** FISIO SOLO INICIALMENTE

3 RCT: **BASTOS 2021** , **FERRERIA 2021**: “Hip arthroscopic surgery for FAI provides superior outcomes compared to non-operative care at 12 months, but not at 24 months”

RCT: **MANSELL 2019**, No diferencias significativas a 2 años. 2 grupos de 40 p. De los 40 en RHB terminaron operándose 28

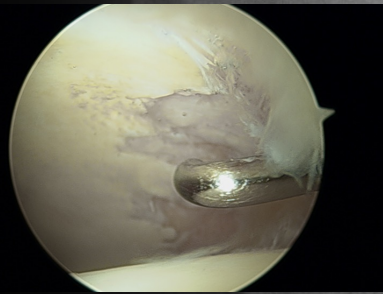
**SAUERESSIG 2021**: ESTUDIA 6 METAANALISIS DE LOS 3RCTS: No esta bien hecho. No hay evidencia suficiente de que la cirugía sea superior a la fisioterapia.

### LONG TERM

**Monn 2022**, FU 4,6 a., 26p.

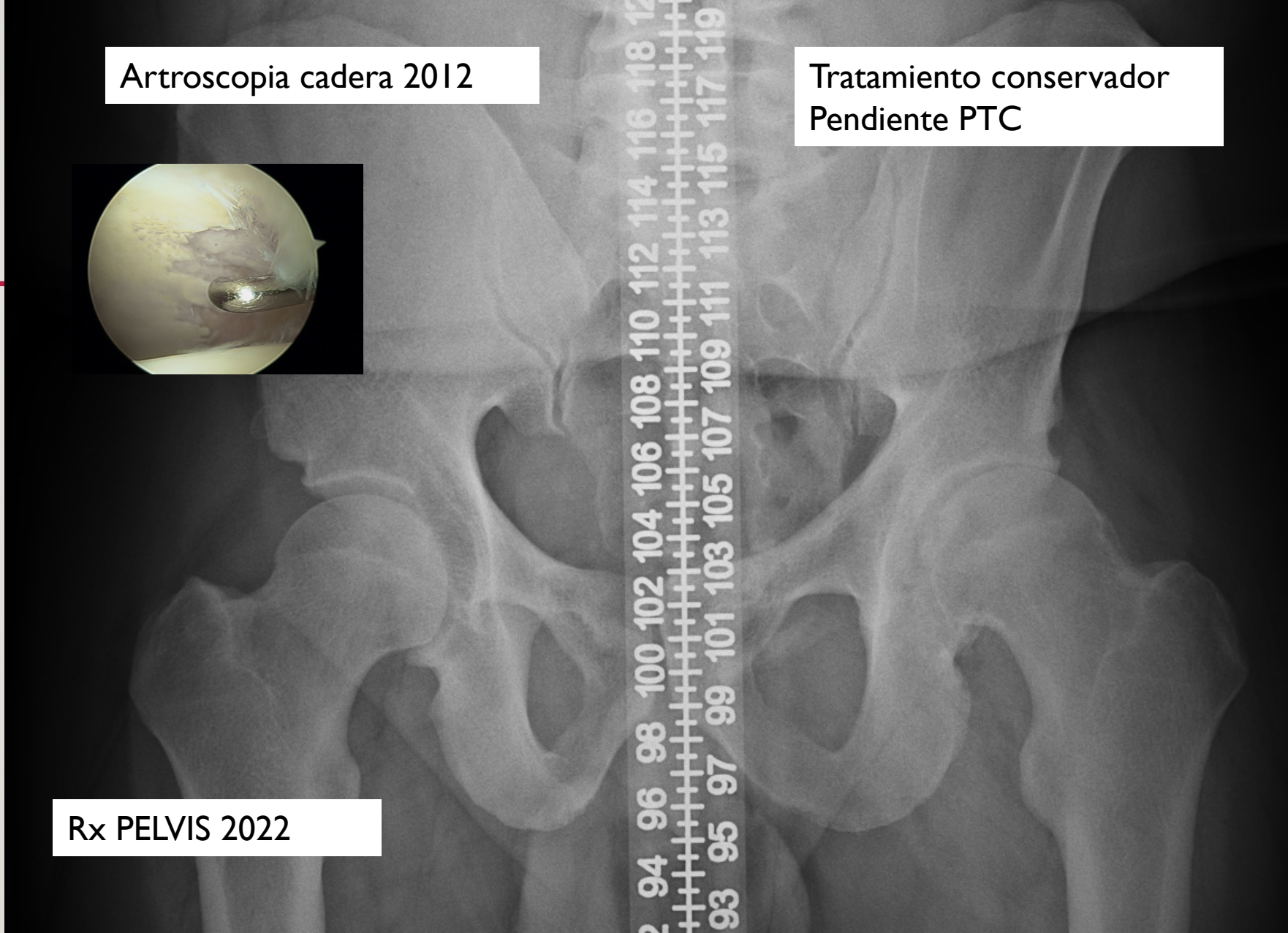
# MEJOR ESPERAR???

Artroscopia cadera 2012



Tratamiento conservador  
Pendiente PTC

Rx PELVIS 2022



# AND THE WINNER IS.....

---

## SURGERY





# MUCHAS GRACIAS

Instituto Médico Arriaza y Asociados  
A Coruña