

1\_junio\_2022



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## CROSS-FIRE CHOQUE DEL ILIOPSOAS:

“La tenotomía del psoas es efectiva y segura (MBE)”

1\_junio\_2022



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La tenotomía del psoas es efectiva y segura

(MBE)

*Éric Margalet (Málaga)*





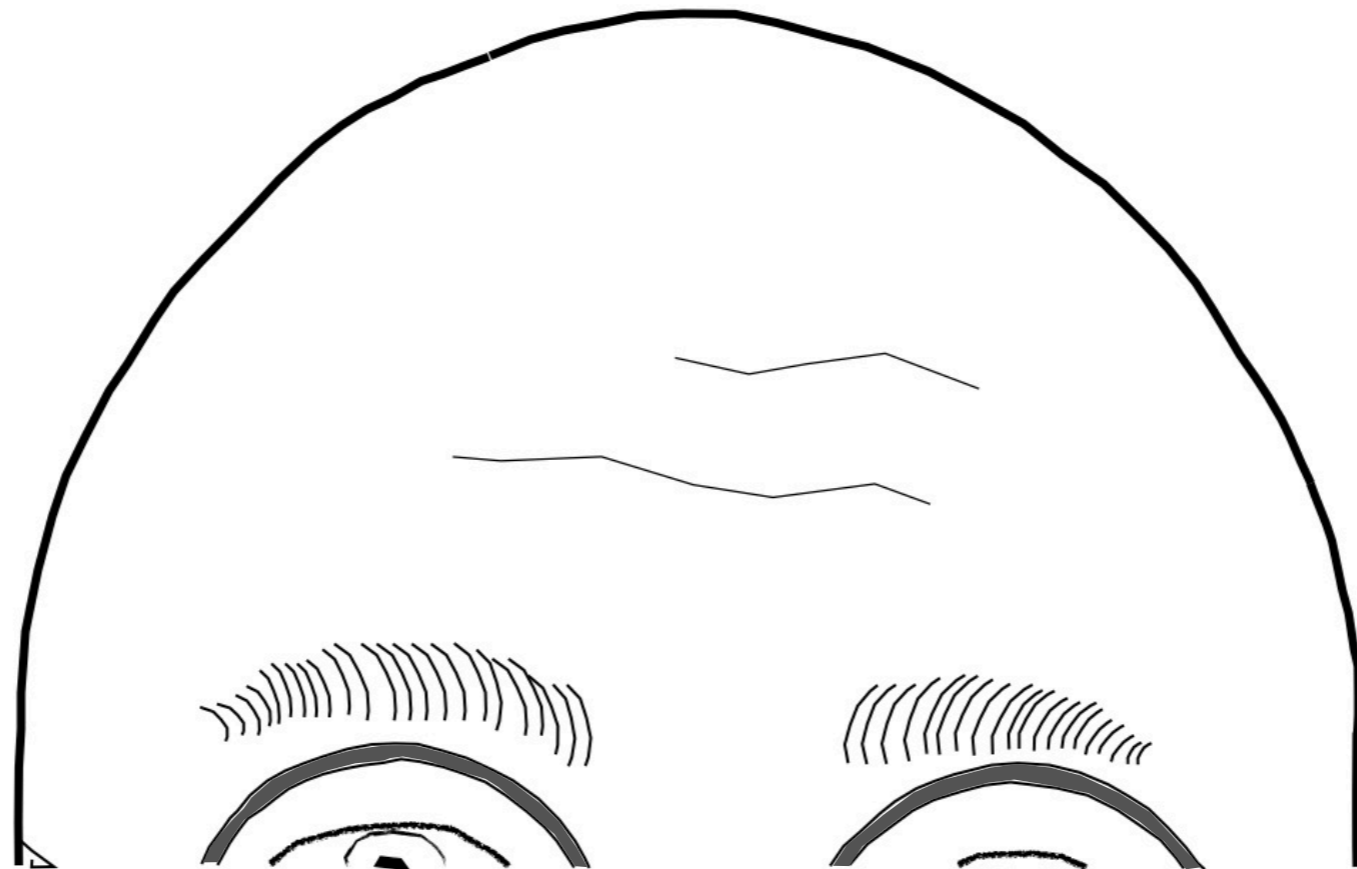
INSTITUTO DEL APARATO LOCOMOTOR

Iñaki Mediavilla; MD, PhD



**BASURTUKO OSPITALEA**  
HOSPITAL DE BASURTO

no tengo conflicto de intereses





Torres-Eguia R

Betancourt LE

Mas Martinez J

Sanz-Reig J

SE  
LO QUE PUBLICASTEIS  
EL ULTIMO VERANO  
Del Guionista de "SCREAM"



## CASE REPORT

Hip Pelvis 32(2): 112-117, 2020  
<http://dx.doi.org/10.5371/hp.2020.32.2.112>

Print ISSN 2287-3260  
Online ISSN 2287-3279

**Hip & Pelvis**

# Severe Weakness of Hip Flexor after Iliopsoas Tenotomy: Two Case Reports

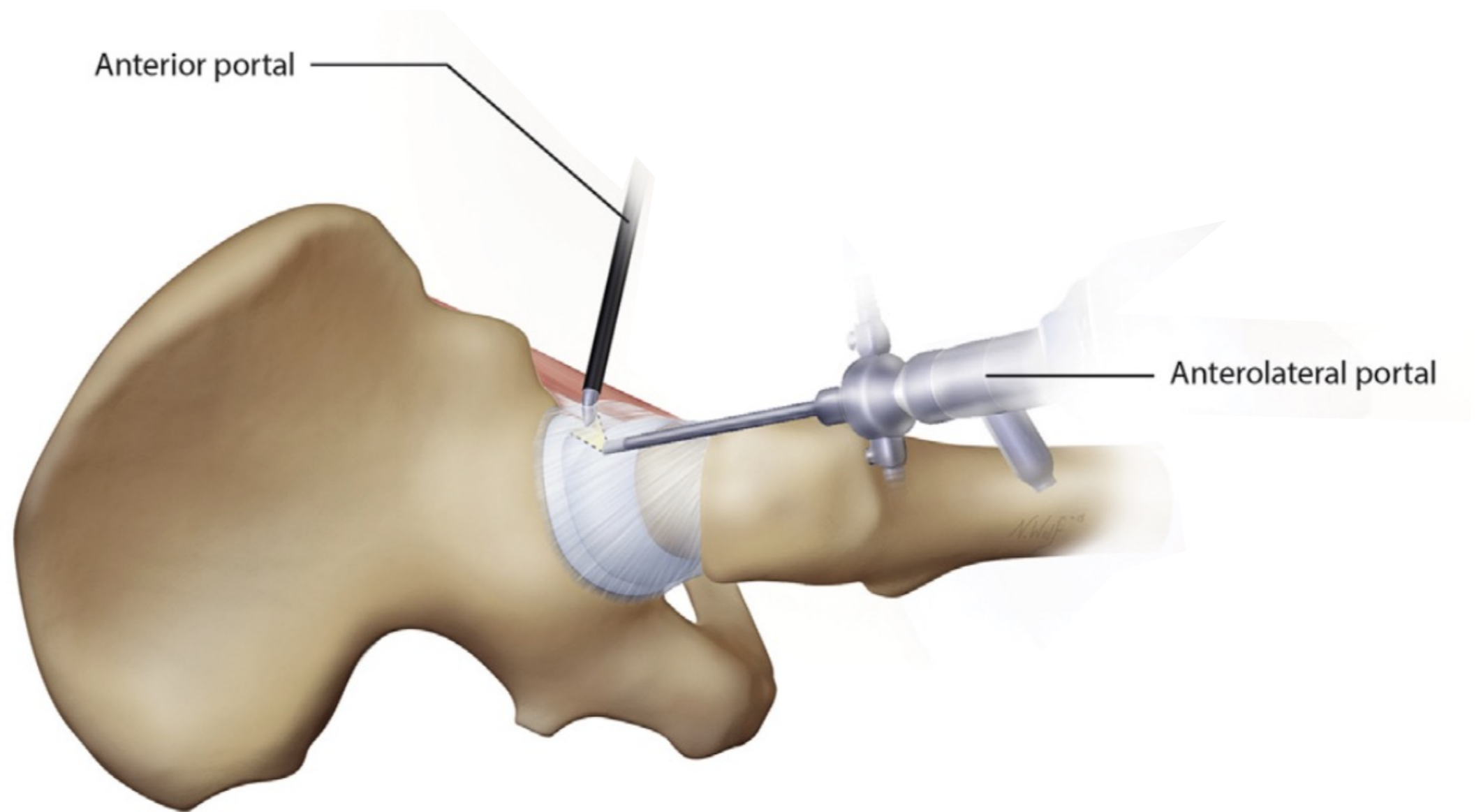
**Raul Torres-Eguia, MD, LE Betancourt, MD, Jesus Mas Martinez, MD\*, Javier Sanz-Reig, MD, PhD\***

*Hip Unit, Department of Orthopedic Surgery, Clinica Centro, Madrid, Spain,  
Hip Unit, Department of Orthopedic Surgery, Clinica Vistahermosa, Alicante, Spain\**

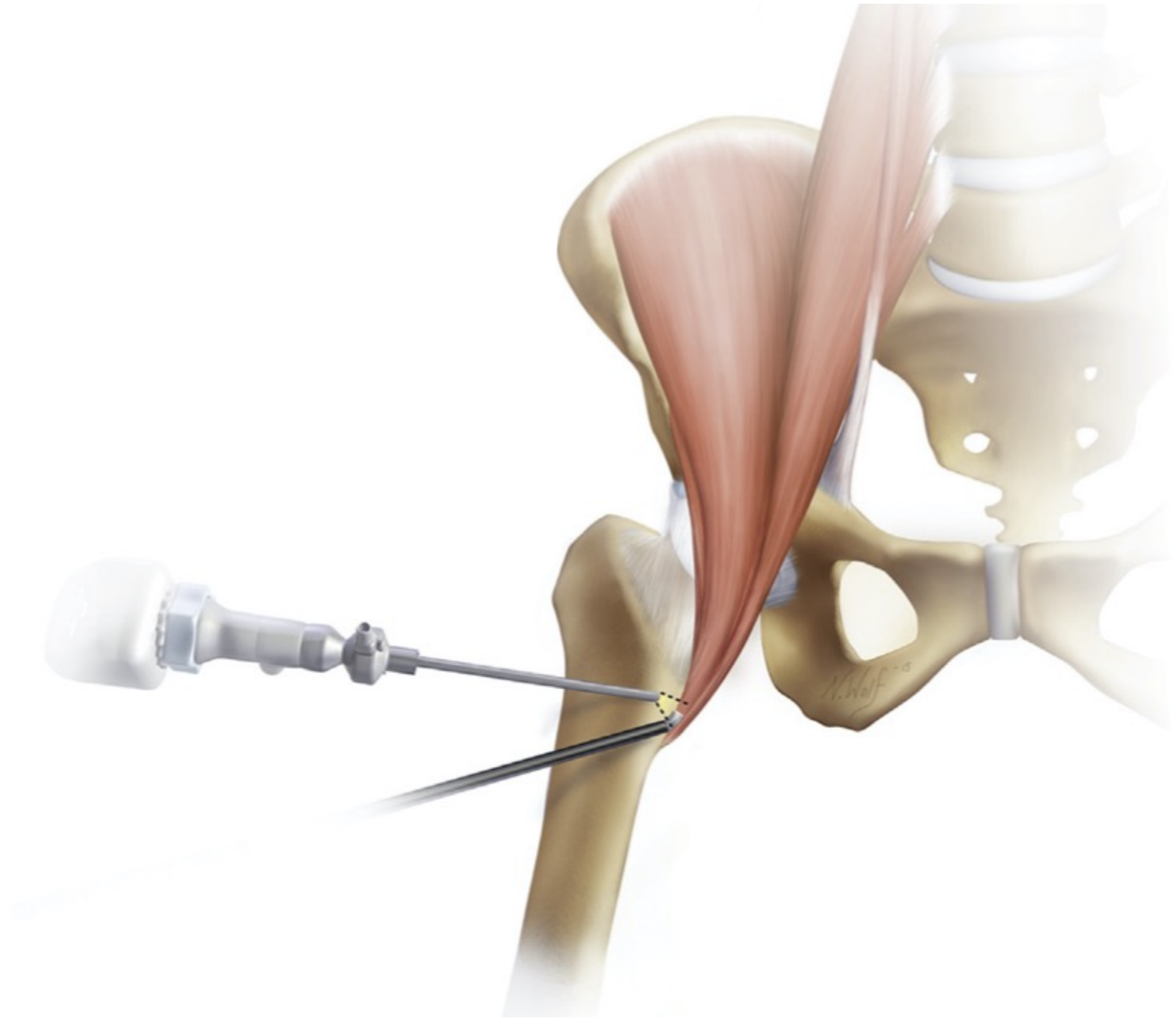
Hip arthroscopies are becoming a standard surgical technique, with psoas tenotomy being a relatively common procedure during this operation. A 37-year-old male and a 42-year-old female with internal hip snapping came to our department. Arthroscopic partial psoas tenotomy of the iliopsoas portion of the conjoint tendon was performed, but its results were bad. Patients reported preoperative unilateral low-back pain and weakness when flexing the hip. Unilateral atrophy of the lumbar psoas and fatty multifidus were detected in both cases. Patients at risk of unsatisfactory outcomes after psoas tenotomy should be ideally identified prior to surgery. Warning symptoms, physical examination, and imaging studies should be considered to avoid unsatisfactory results.

**Key Words:** Hip, Arthroscopy, Psoas muscles, Tenotomy, Patient reported outcome measures





Verhelst L, Guevara V, De Schepper J, Van Melkebeek J, Pattyn C, Audenaert EA.  
**Extra-articular hip endoscopy: A review of the literature**  
Bone Joint Res. 2012 Dec 1;1(12):324-32.



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# 2005 - 2010

**Table V.** Literature reports on endoscopic iliopsoas release for internal-snapping hips

<b>Author/s</b>	<b>Study type</b>	<b>Level of evidence</b>	<b>Sample size</b>	<b>Follow-up (mths)</b>	<b>Outcome</b>	<b>Complications</b>
Byrd <sup>44</sup>	Retrospective case series	IV	9	-	Good	None
Ilizaliturri et al <sup>10</sup>	Prospective case series	IV	7	21 (SD 8.5)	Good	One recurrence
Wettstein et al <sup>45</sup>	Retrospective case series	IV	9	9	Good	None
Flanum et al <sup>46</sup>	Retrospective case series	IV	6	12	Good	None
Anderson and Keene <sup>48</sup>	Prospective case series	IV	15	12	Good	None
Ilizaliturri et al <sup>47</sup>	Randomised controlled trial	I	19	24	Good	None
Contreras et al <sup>49</sup>	Prospective case series	IV	7	24	Good	None
Fabricant et al <sup>50</sup>	Prospective case series	IV	67	6	Good	None

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# Iliopsoas Tenotomy During Hip Arthroscopy

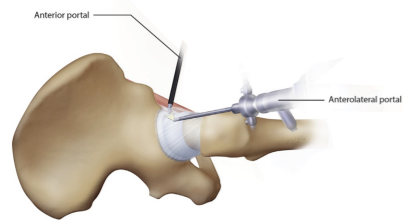
A Systematic Review of Postoperative Outcomes

2020

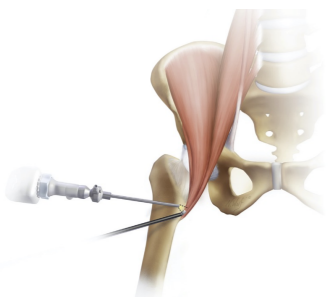
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## técnica

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92,7 %



7,3 %

Gouveia K, Shah A, Kay J et al.

**Iliopsoas Tenotomy During Hip Arthroscopy: A Systematic Review of Postoperative Outcomes**

Am J Sports Med. 2021 Mar;49(3):817-829.

# Iliopsoas Tenotomy During Hip Arthroscopy

A Systematic Review of Postoperative Outcomes

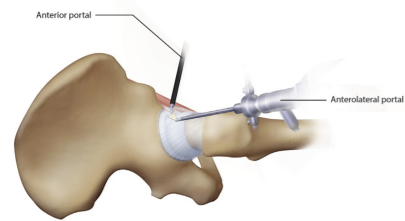
2020

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técnica

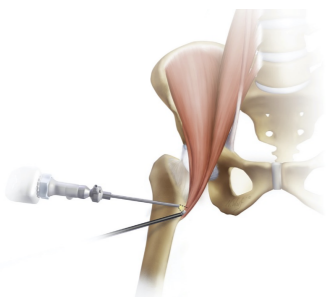
patología  
condrolabral

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92,7 %

92,5 %



7,3 %

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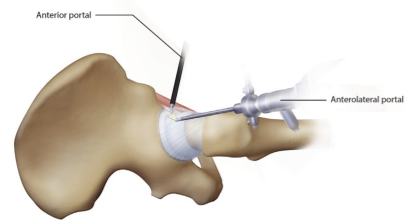
A Systematic Review of Postoperative Outcomes

2020

técnica

patología  
condrolabral

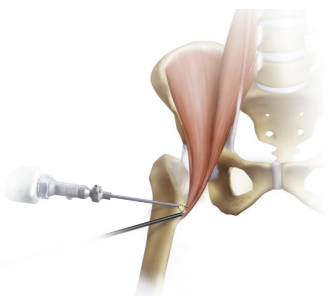
atrophy  
4/5



92,7 %

92,5 %

7,1 %



7,3 %

7,5 %

50 %



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2020

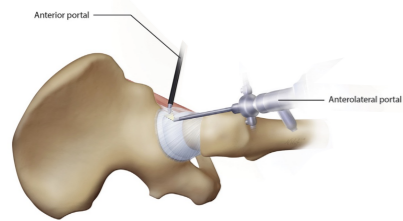
## A Systematic Review of Postoperative Outcomes

técnica

patología  
condrolabral

atrophy  
4/5

success  
(alleviating symptoms)

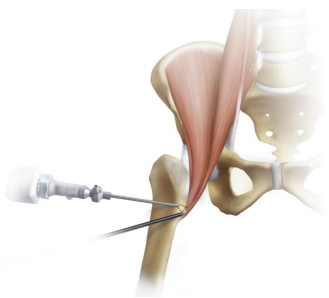


92,7 %

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91 %



7,3 %

7,5 %

50 %



100 %

Gouveia K, Shah A, Kay J et al.

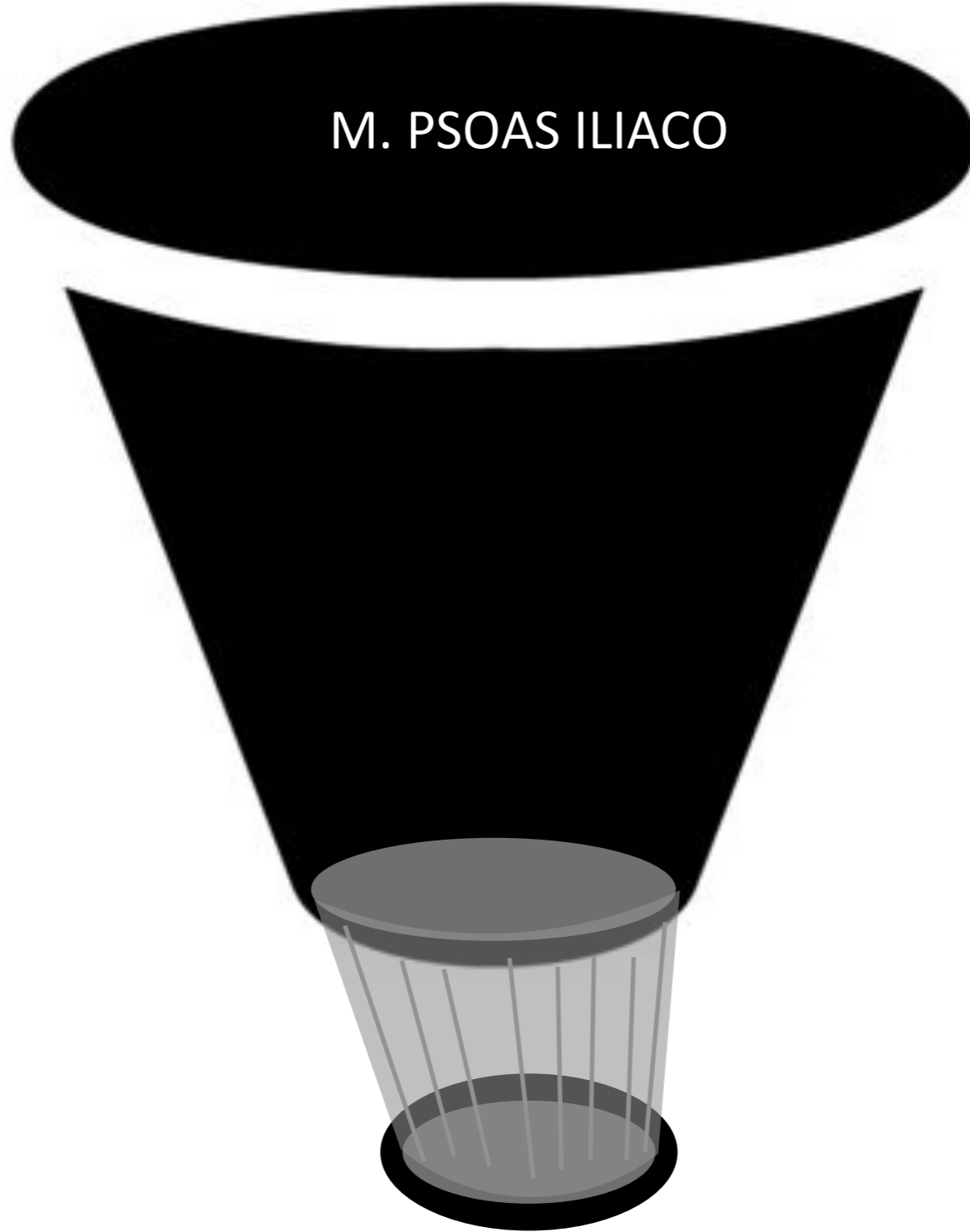
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M. PSOAS ILIACO



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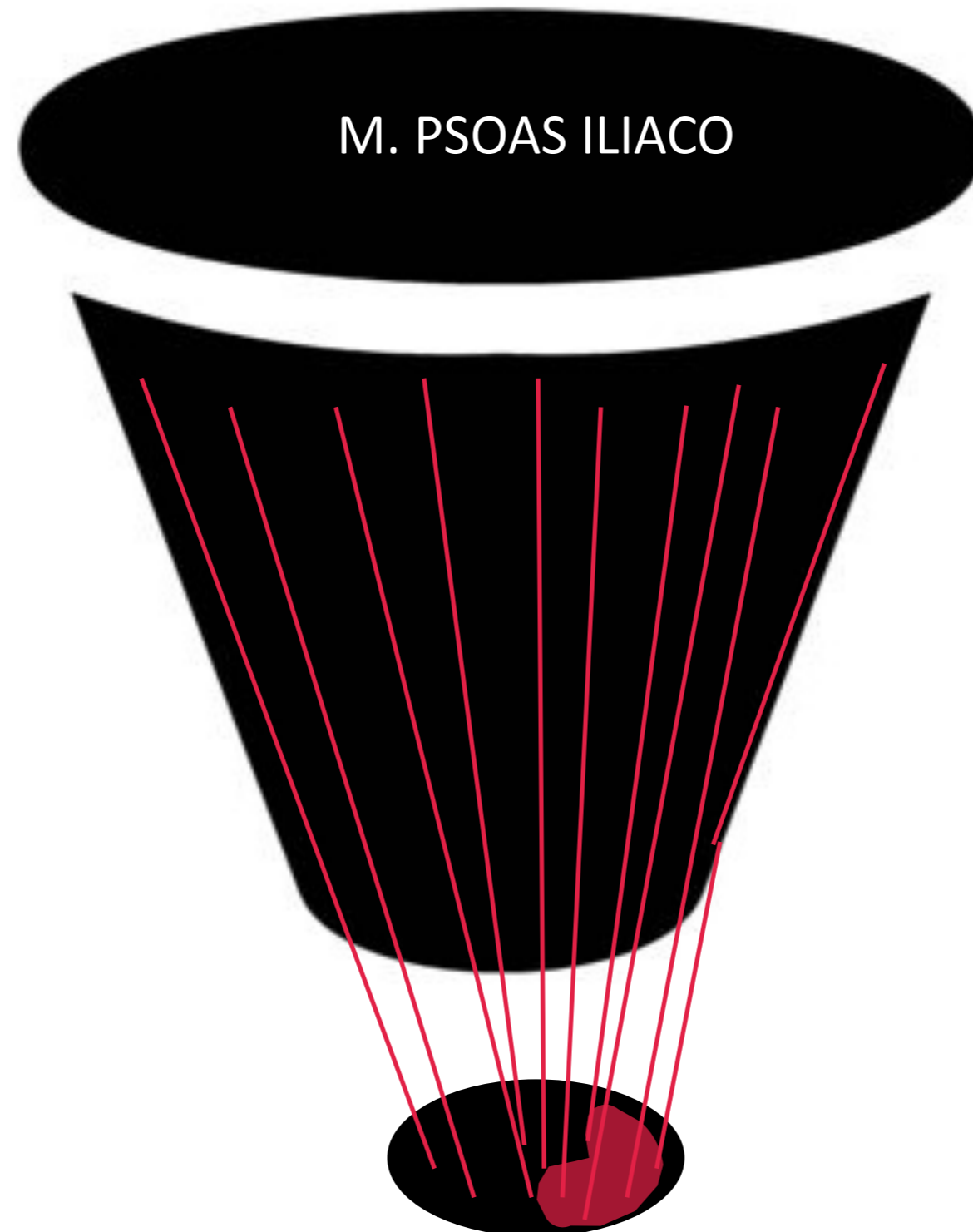




Philippon MJ, Devitt BM, Campbell KJ, et al.

**Anatomic Variance of the Iliopsoas Tendon.**

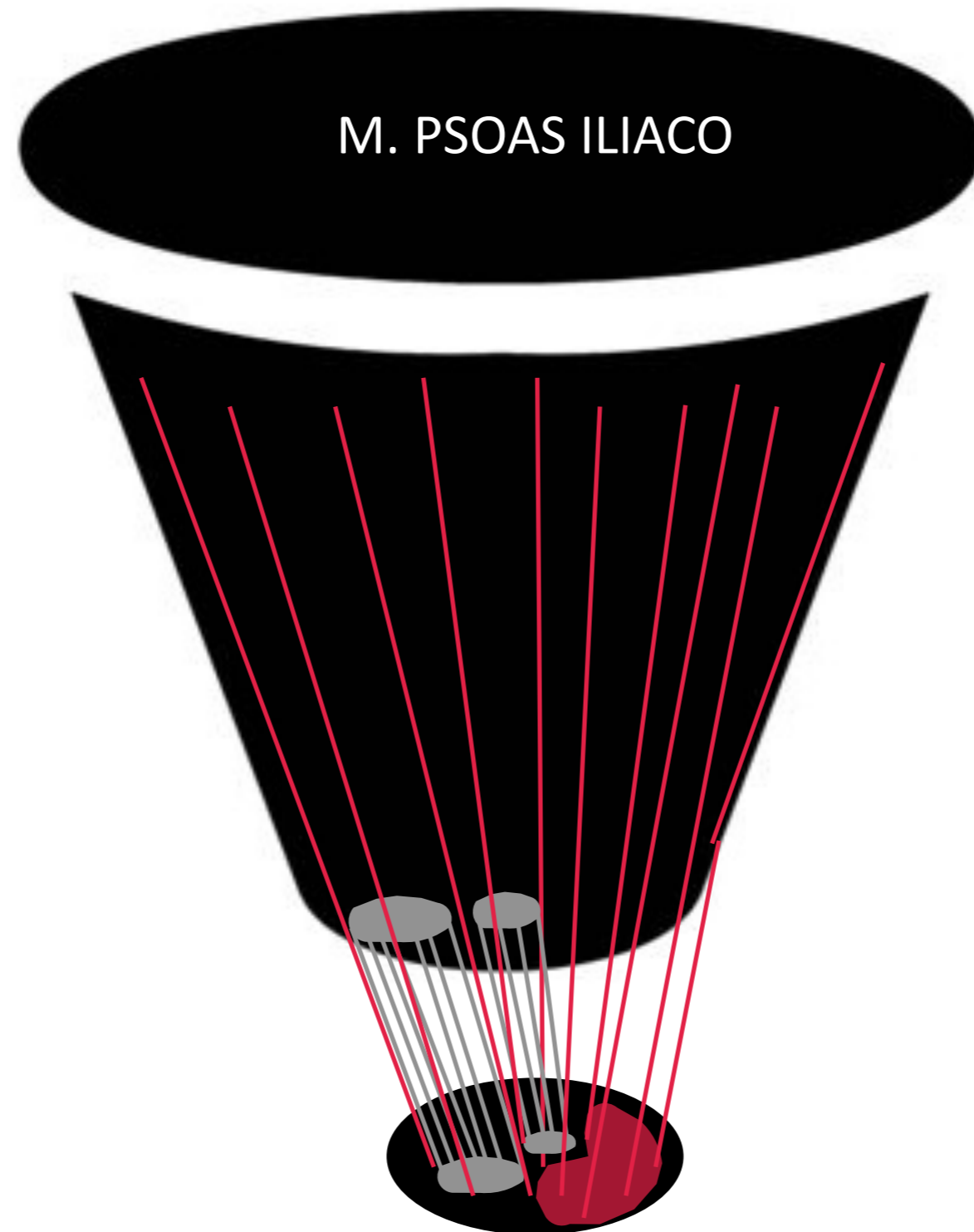
*The American Journal of Sports Medicine.* 2014;42(4):807-811.



Tatu, L., Parratte, B., Vuillier, al.

**Descriptive anatomy of the femoral portion of the iliopsoas muscle. Anatomical basis of anterior snapping of the hip**

Surgical and Radiologic Anatomy, 23(6), 371-374.

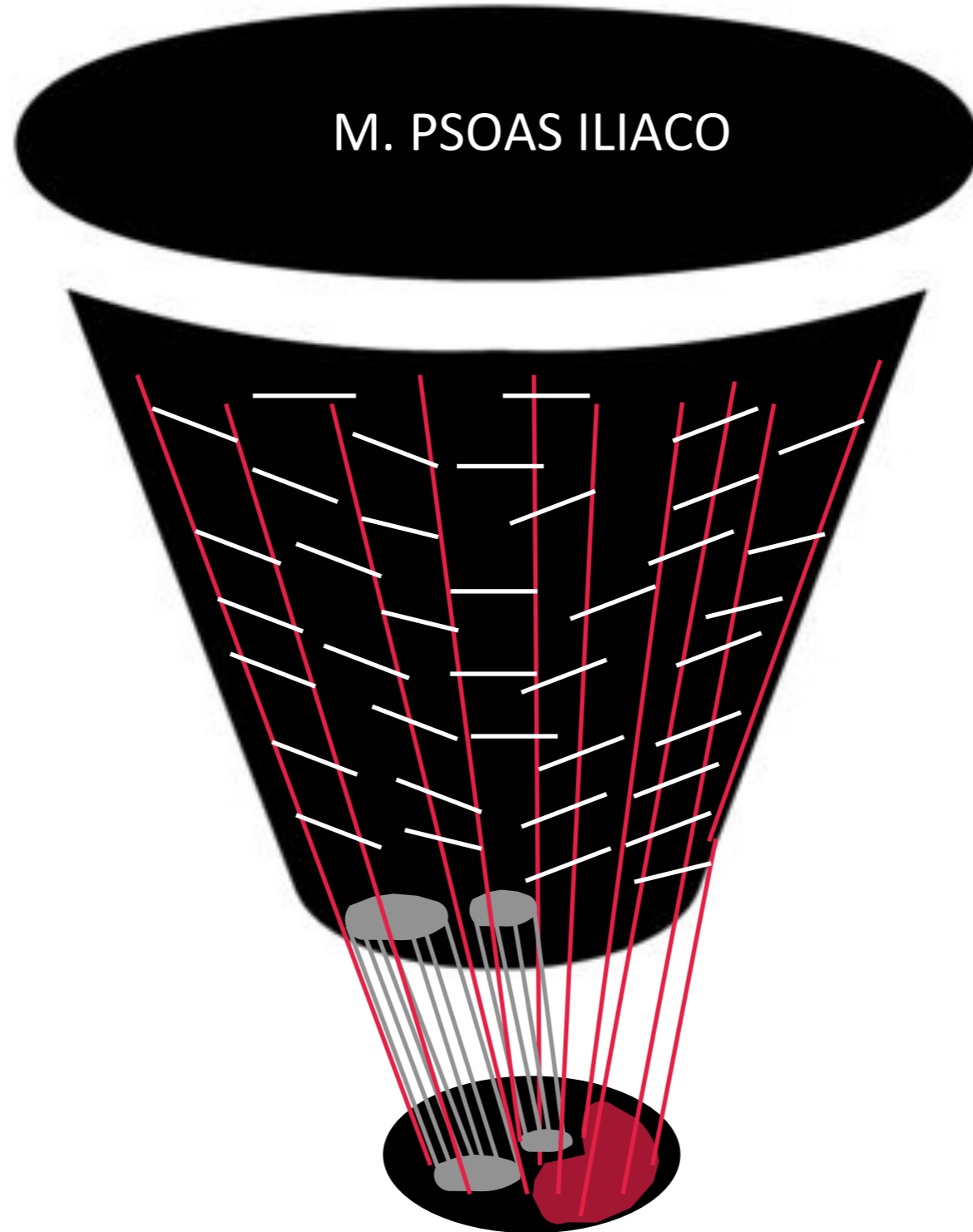


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psoas tendon tenotomy

psoas tendon tenotomy

 **SÍ SE PUEDE**

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gracias

