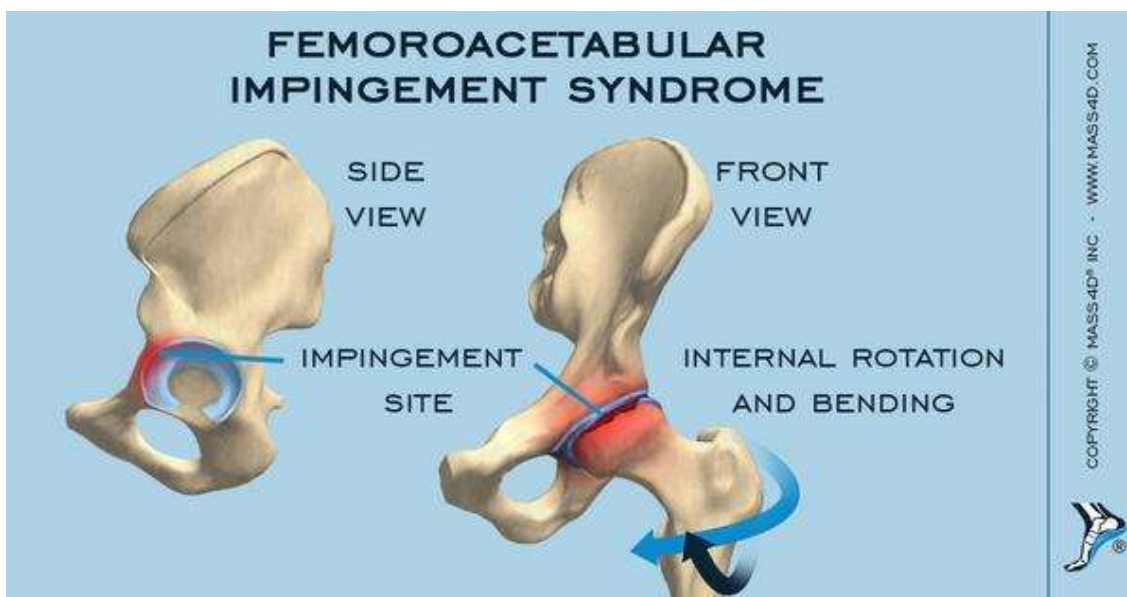


Anterior Hip Pain / Femoral Acetabular Impingement (FAI)

Femoral acetabular impingement (FAI) is a motion-related condition in which there is abnormal contact (impingement) between the hip joint socket (acetabulum rim) and the femoral head on movement of the hip (see diagram below).

Degenerative changes may result in the long term damage from this abnormal contact. FAI is associated with certain variations of the hip joint such as Cam (femoral head) or Pincer (acetabulum).



What are the Symptoms?

- **Hip or groin pain related to certain movements.** Occasionally, a worsening of sharp pain with activity is reported. Pain may radiate into the buttocks or thigh.
- **Pain might become worse after prolonged periods of sitting.** Pain may radiate into the groin.
- **Other symptoms may include clicking, catching, locking, or giving way.**

Certain activities, such as running, football, dancing, pilates, breast stroke, or aerobics can aggravate symptoms. Patients often find that sitting for a prolonged period of time, e.g. a long car journey, will bring on the groin pain.

How long will it take to get better?

Generally symptoms which have started suddenly will take 6-8 weeks to settle down. Symptoms which are of gradual onset can take longer, sometime some months. Occasionally hip impingement will be an on-going problem.

How is FAI treated?

- **Anti-inflammatories** can be taken just before you perform an activity that brings on your hip pain so that it reduces pain and inflammation.
- **Activity modification** involves avoiding activities that cause your symptoms and may involve avoiding particular sporting activity or changing your daily routine.
- **Physiotherapy** can help to strengthen muscles around the joint and improve the range of motion
- **Injection.**
- **Hip Joint Arthroscopy** (key hole surgery) is indicated in some cases.
- **Arthroplasty** refers to joint replacement and can take the form of re-surfacing arthroplasty or total hip replacement.

Figure 5: Muscle groups requiring attention in FAI

