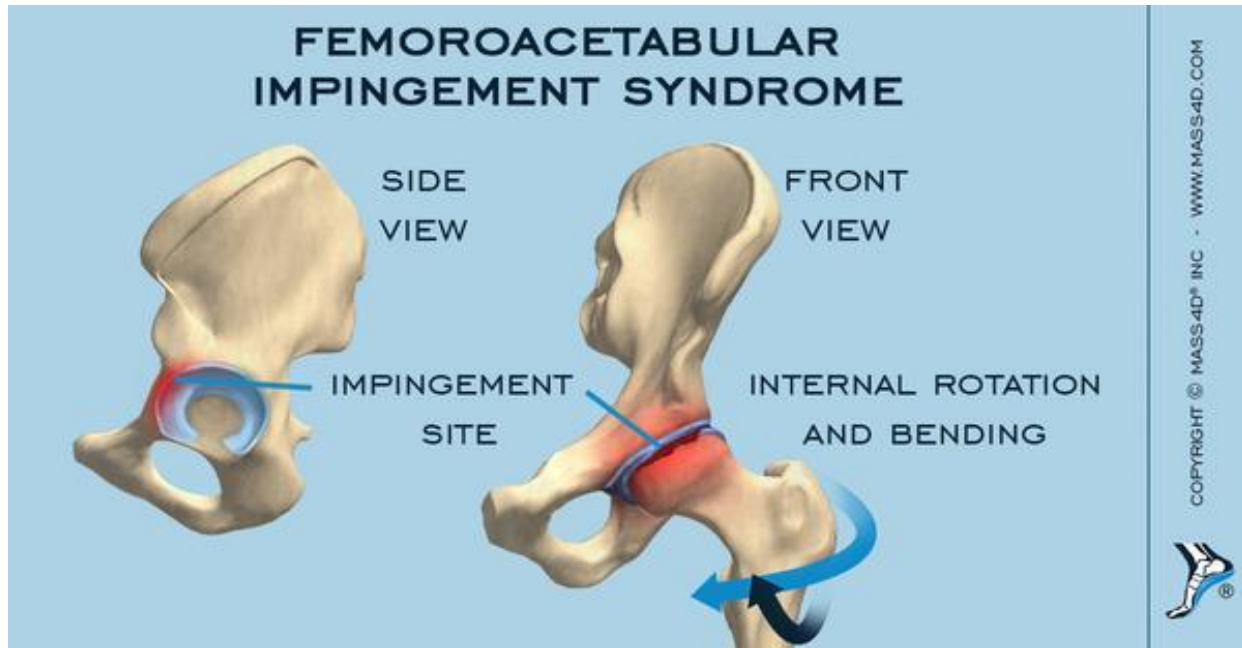


Femoral Acetabular Impingement

Femoral acetabular impingement (FAI) is a **motion-related condition** in which there is abnormal contact (impingement) between the acetabulum rim (hip joint socket) and the femoral head on movement of the hip. Degenerative changes may result in the long term from this abnormal contact. FAI is associated with certain variations of the hip joint such as Cam (femoral head) or Pincer (acetabulum)



Symptoms

- **Hip or groin pain related to certain movements.** Occasionally an exacerbation of sharp pain with activity is reported. Pain may radiate into buttocks or thigh
- **Pain might become worse after prolonged periods of sitting.** Occasionally, an exacerbation of sharp and catching pain with activity is reported.
- **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.

Treatments

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. This involves avoiding activities that cause your symptoms and may involve avoiding particular sporting activity or changing your daily routine.

Physiotherapy. This 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. This 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

