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ORIGINAL RESEARCH

PRE- AND POST-OPERATIVE SELF-REPORTED FUNCTION AND QUALITY OF LIFE IN WOMEN WITH AND WITHOUT GENERALIZED JOINT LAXITY UNDERGOING HIP ARTHROSCOPY FOR FEMOROACETABULAR IMPINGEMENT

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ABSTRACT

Background: Generalized joint laxity is more prevalent in women than men and may lead to poorer post-operative outcomes in select orthopedic populations. There are no studies examining peri-operative function in patients with generalized joint laxity (GJL) and femoroacetabular impingement (FAI).

Purpose: The purpose of this study was to determine the difference in perceived function and quality of life as measured by the Hip Outcome Score ADL subscale (HOS-ADL), International Hip Outcomes Tool (iHOT-33) and the Short Form 12-Item Health Survey (SF-12) in women with and without GJL prior to and six months after undergoing hip arthroscopy for FAI.

Study Design: Cohort Study

Methods: Peri-operative data were collected from women with FAI from November 2011-September 2014. Lax subjects were women with laxity scores ≥4/9 on the Beighton and Horan Joint Mobility Index; Nonlax subjects were women with laxity scores <4/9. Functional outcomes were evaluated using the HOS-ADL, iHOT-33, PCS-12, and the MCS-12 pre-operatively and at 6 months post-operatively. Change scores (post-score – pre-score) were calculated for each outcome measure and compared between groups, along with pre-operative and post-operative means, using Mann-Whitney U tests.

Results: 166 women met the inclusion criteria: Nonlax (n=131), Lax (n=35). There were no statistically significant differences between groups in pre-operative functional outcomes (all $p > .05$). Additionally, there were no statistically significant differences between groups in post-operative means or change scores, respectively, for HOS-ADL ($p = .696$, .358), iHOT-33 ($p = .550$, .705), PCS-12 ($p = .713$, .191), and MCS-12 ($p = .751$, .082). Laxity score was not associated with any post-operative functional outcome score or change score (all $p > .05$).

Conclusion: Women with and without generalized joint laxity do not appear to report differences in hip function in the 6-month peri-operative period before and after hip arthroscopy for FAI.

Level of Evidence: 3

Key Words: Hip arthroscopy, femoroacetabular impingement, generalized joint laxity

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