

Ohio State Sports Medicine Grand Rounds - Hip Micro-instability

The hip has generally been considered an inherently stable joint. However, the femoral head moves relative to the acetabulum. Although the bones are primarily important in hip stability, the importance of the soft tissues has recently been demonstrated. Symptomatic microinstability of the hip is defined as extraphysiologic hip motion that causes pain with or without symptoms of hip joint unsteadiness and may be the result of bony deficiency and/or soft-tissue damage or loss. Recent work has helped improve the ability to identify microinstability patients preoperatively. Initial management begins with activity modification and strengthening of the periarticular musculature. Failing nonsurgical management, surgical intervention can be beneficial, focusing on treatment of the underlying cause of microinstability, as well as associated intra-articular pathology. Bony deficiency may be treated with a redirection osteotomy, whereas those with adequate bony coverage may be treated with capsular plication, capsular reconstruction, and/or labral reconstruction.

Learning objectives for this program include the following:

- Participants will be able to recognize signs and symptoms of microinstability in the hip joint
- Participants will be able to describe non-surgical pain management options
- Participants will be able to understand surgical options for patients with hip microinstability
- Participants will develop appropriate rehabilitation strategies for post-surgical hip microinstability surgery

Marc R. Safran, MD is Professor and Associate Director of the Division of Sports Medicine in the Department of Orthopaedic Surgery at Stanford University. He also serves as the director of the Sport Medicine fellowship program at Stanford. Dr. Safran has authored or co-authored more than 100 scientific articles, 75 book chapters, and 5 books relating to Orthopaedic surgery, focusing mainly on sports medicine. He recently co-edited a book *Surgical Techniques in Hip Arthroscopy and Joint Preservation Surgery* and had edited two journals on hip arthroscopy. Among his many research interests, he is currently focusing on clinical and basic science research of the non-arthritic hip. Dr. Safran started the MAHORN Group (Multicenter Arthroscopic Hip Outcomes Research Network) to study clinically related hip issues

October 29, 2021

7:00am-8:30am, Clinton Room, Fawcett Center 2400 Olentangy River Road 43210

Accreditation:

Approved for 1.5 hour CAT A CE from BOC

<https://medicine.osu.edu/departments/sports-medicine/education/medical-professionals/grand-rounds>

Fees, Attendance, and Cancellation: This course is a **private course** and is free for Ohio State Wexner Medical Center Employees and associates. Continuing education credit will be awarded to employees and associates only. In the event of meeting cancellation, an email will be sent to those on the email list. **To register**, visit go.osu.edu/sportsmedgrandrounds Direct questions to SportsMedicine@osumc.edu

Non-Discrimination: The Ohio State University Wexner Medical Center does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. The Ohio State University Wexner Medical Center is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate these needs can be made.



*This program has been planned and implemented in accordance with the requirements and policies of the Board of Certification for the Athletic Trainer (BOC) through the joint sponsorship of **Ohio State University Sports Medicine**. **Ohio State University Sports Medicine** is approved by the BOC to provide continuing education for Athletic Trainers, provider #P647*

Ohio State University Wexner Medical Center

410 W 10th Ave, Columbus, OH 43210