Hip Arthroscopy

Hip arthroscopy is a surgery used to treat certain hip problems. A special tool called an arthroscope has a small camera to look inside the hip joint. Small cuts called incisions are made and the doctor uses the arthroscope and other instruments to remove and repair damaged tissue.
Problems Treated

Hip arthroscopy is most often used to treat hip problems in people younger than age 55. This surgery may be used to treat:

- Tears in the labrum, a thick ring of cartilage surrounding the hip socket. The tear can cause a piece of tissue to get pinched in the joint, causing pain.
- Loose bodies, pieces of cartilage that look like little marbles that float in the joint. These can get trapped in the hip during movement and cause pain.
- Snapping hip syndrome caused by a tendon catching in the hip joint.
- Cartilage damage of certain types. If a piece of cartilage has broken away, it may need to be removed.

This procedure is not used to treat arthritis or other inflammatory hip problems.

Hospital Stay

This is an outpatient procedure that may require an overnight hospital stay after your surgery. You may have limits on weight bearing on the surgery leg for several weeks after surgery. You will need to use crutches for 1 to 3 weeks after your surgery. You may also have to use a CPM (continuous passive motion) machine for several weeks after surgery.

A physical therapist will teach you about your equipment and any restrictions you need to follow. They will also teach you how to use the crutches or walker and teach you exercises to help improve motion in your hip.

Talk to your doctor if you have any questions about this surgery.

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.