Course Objectives

MedBridge

Femoroacetabular Impingement Syndrome Part 2: Complex Systems Approach

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Course Description:

There has been a 25-fold increase in the number of hip arthroscopies performed between 2006 and 2013, primarily in response to improved diagnosis and treatment of femoroacetabular impingement (FAI) syndrome. This course takes a closer look at the evidence regarding surgical outcomes, highlighting some of the limitations associated with surgery and presenting an alternative theory as to why surgery may not be the best option. We go on further to present literature regarding the complex systems approach to sports injuries and offer a proposed model for improving conservative management of FAI syndrome through advanced exercise prescription.

Learning Objectives

1. Review the current surgical literature on FAI syndrome and associated outcomes and limitations
2. Recognize the limitations of FAI syndrome surgery
3. Recognize that surgery cannot correct an underlying biomechanical problem
4. Differentiate between surgical outcomes in terms of symptoms as compared to return to play outcomes
5. Compare the shoulder rotator cuff to the deep hip musculature in regard to shoulder rehabilitation for shoulder impingement and FAI syndrome rehabilitation
6. Explain why conservative rehabilitation at the hip could be argued to be as effective as it has been shown in the shoulder
7. Summarize your thoughts regarding Steve's approach to the complex systems approach for sports injuries and how your thought process has changed
8. Prepare a revised rehabilitation approach based on your new knowledge