

UK FASHIoN: feasibility study of a randomised controlled trial of arthroscopic surgery for hip impingement compared with best conservative care

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Plain English summary

Arthroscopic surgery for hip impingement

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Some people develop hip pain because of a condition called hip impingement. In people with this problem, the ball and socket of the hip joint do not fit together properly, so that they rub and damage the smooth lining of the joint. These people have pain that may stop them playing sport, going to work or doing everyday things such as driving, housework and looking after children.

Conservative treatment includes not doing the activities that hurt, taking painkillers and doing hip exercises, often guided by a physiotherapist. Recently a new treatment has been developed, using keyhole surgery to repair and reshape the hip so that the ball and socket fit together better. This operation seems to work well, but we do not know if it is better than conservative treatment.

In this research, we discovered that patients and their doctors and physiotherapists would be keen to take part in a study to find out whether or not the keyhole surgery really does work and is better than conservative treatment. We designed and performed a study to test this in the real situation. We found that two-thirds of the patients who were being treated for hip impingement agreed to join the study and to be treated either by conservative care or by keyhole surgery.

This prepares the way for a larger study that will involve 25 hospitals over several years. When it is finished we will know whether people with painful hip impingement should be offered keyhole surgery or conservative care.

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