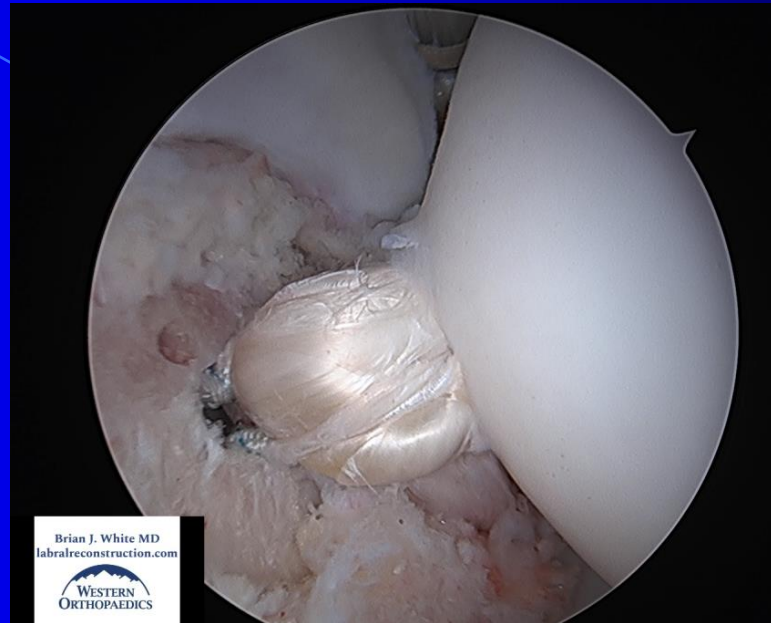
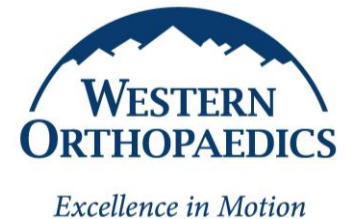


# A Patient's Guide to Ligamentum Teres Reconstruction of the Hip.

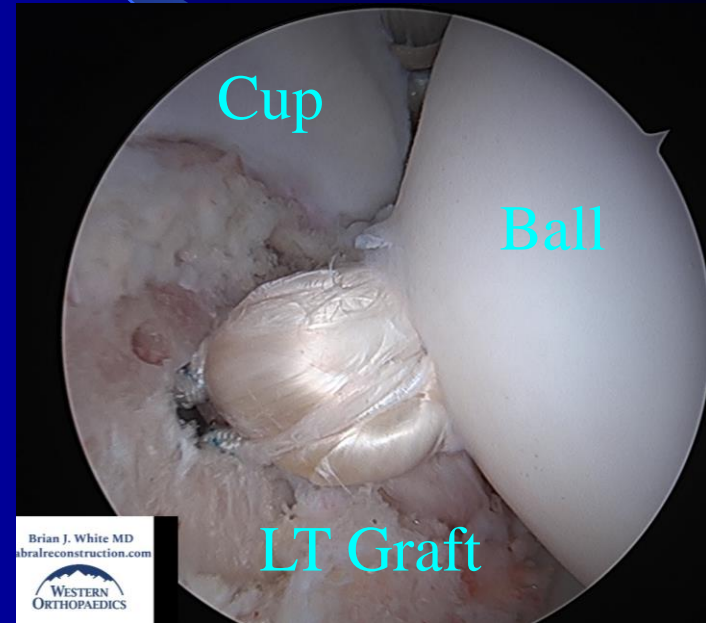


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# What is the Ligamentum Teres?

- The Ligamentum Teres is a Ligament or Rope that connects the central ball to the cup.
- It keeps the ball centered in the cup and I compare it to a “Seat Belt” for the hip joint.
- When it is torn, deficient, or absent, instability of the hip joint can tear the Labrum and damage the cartilage.



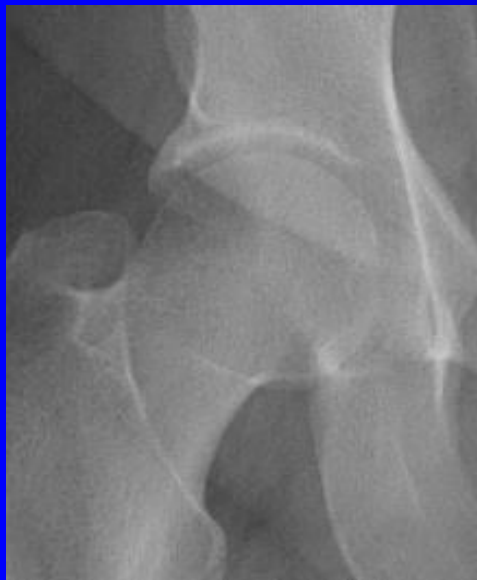
# Is Your Hip Unstable?

- This is not as easy to determine as you might think...
- Typically, patients will feel a "giving way" of the hip and sometimes they can fall from this. Usually this happens with changing directions or pivoting.
- This sometimes can be confused with a torn labrum that catches in the hip joint. This can cause the muscles to relax around the hip joint and give the sensation of giving way.
- The true assessment is during surgery.

# What factors can predispose patients to hip instability?

- Increased joint laxity or loose joints, often seen in patients with Ehlers Danlos Syndrome.
- A low volume or dysplastic cup that does not contain the ball.
- Previous Traumatic Hip Dislocation
- Increased Femoral or Acetabular Anterversion-  
In other words the ball and cup are oriented facing too far forward.

# Assessment of Cup Volume



High Volume



Normal Volume



Low Volume-  
This hip is truly  
Dysplastic

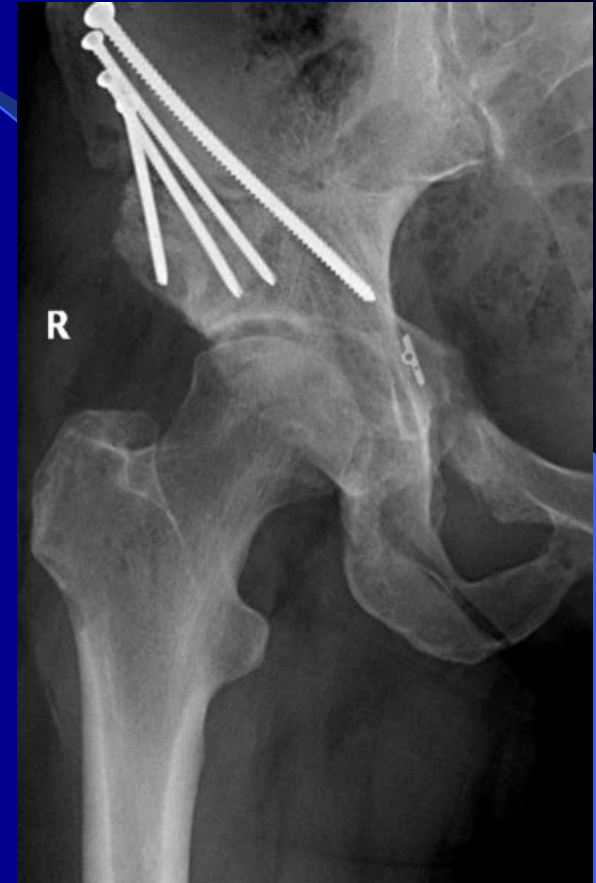
# Can an LT Reconstruction replace the need for a Ganz Osteotomy or Femoral Osteotomy?

- No. If there is a significant bony deformity, then an osteotomy needs to be done to protect the joint (Ganz Osteotomy: Cutting the Cup free and moving it to a different position).
- It can however potentially offset more minor deformities that are not quite enough to justify an Osteotomy.



# Does a Ganz Osteotomy give you a “Normal” Cup?

- Not always...
- A dysplastic or shallow cup is more like a saucer than a cup. Often LOW Volume.
- The Ganz does not increase the cup volume-It moves the cup to a more optimal position.
- So even with a Ganz, sometimes an LT Reconstruction can be used to increase the global stability of the hip if it is unstable.



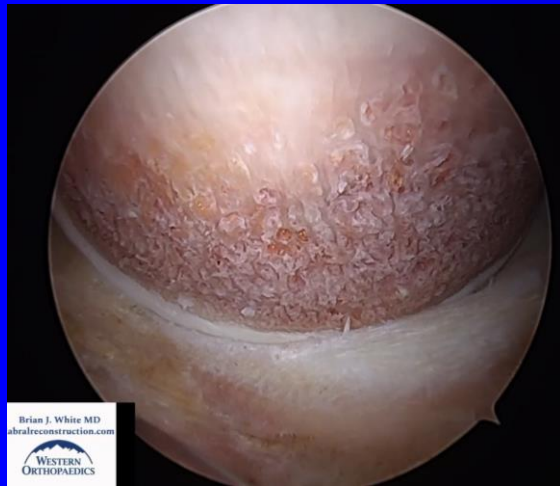
This is a patient with both a Ganz and an LT Reconstruction

# Ligamentum Teres Reconstruction

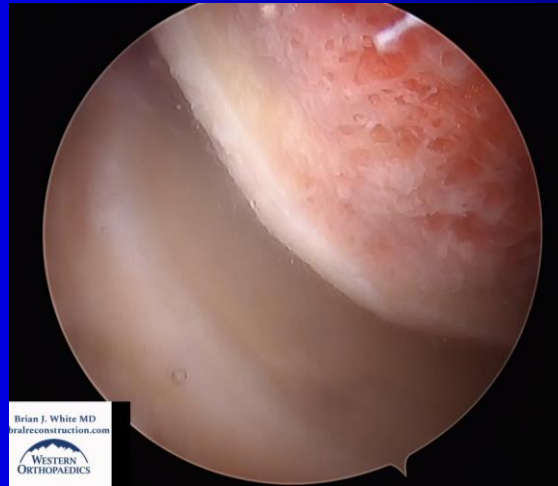
- The need for this operation is determined during surgery when the hip is unstable and the LT is deficient.
- If I am concerned that this may be necessary, I will discuss this with you before your surgery.
  - There have been a few instances where a hip has been significantly more unstable than I expected, and I can not always predict this.
- It entails an extra 1 ½ inch incision and crutches for 6 weeks instead of 4 with 20% or partial weightbearing.



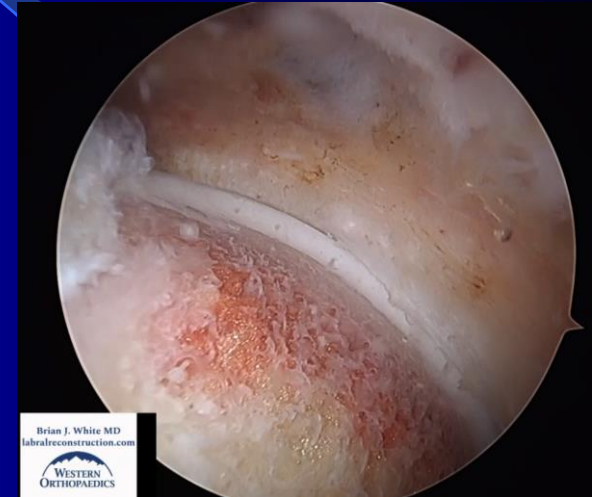
# My Intra-Operative Assessment of Stability



Stable Hip



Micro-Instability

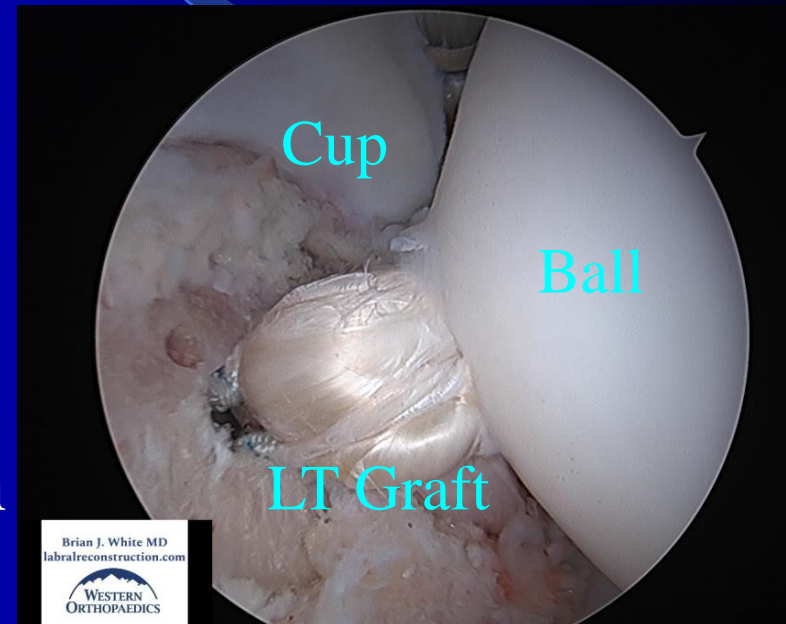


Macro-Instability

**\*\*An unstable hip joint will continue to be symptomatic and will prevent solid incorporation of the labral reconstruction.**

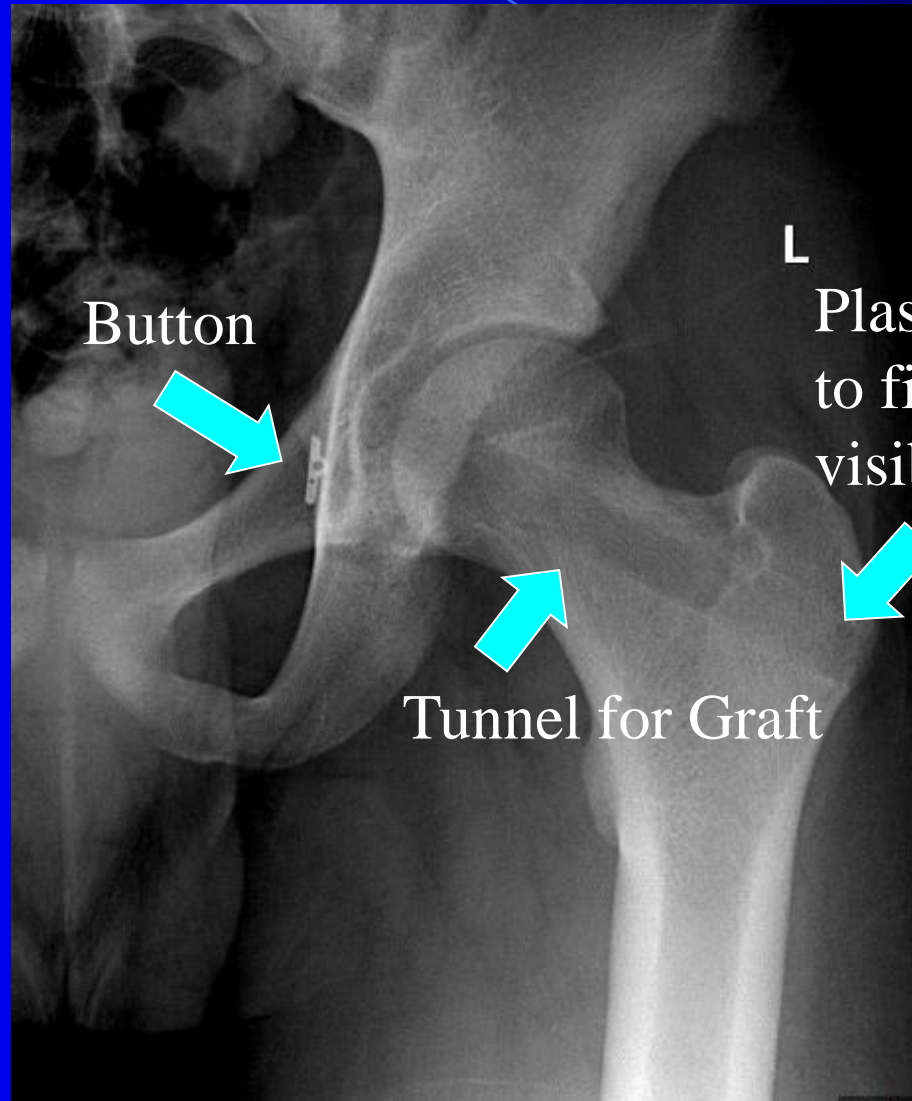
# Benefits of the LT Reconstruction

- Re-establishes a solid connection between the ball and the cup
- Protects the joint from instability events which will help the labral reconstruction safely incorporate
- May protect the cartilage moving forward



# LT Reconstruction X-Ray

This operation has been performed for over a decade in England

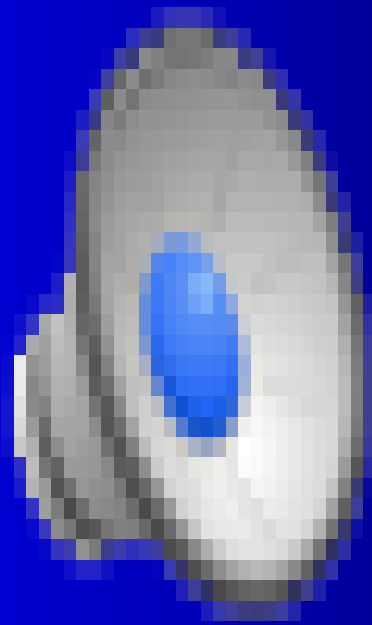


L Plastic Screw is used to fix the graft (not visible on x-ray)

Tunnel for Graft

Button

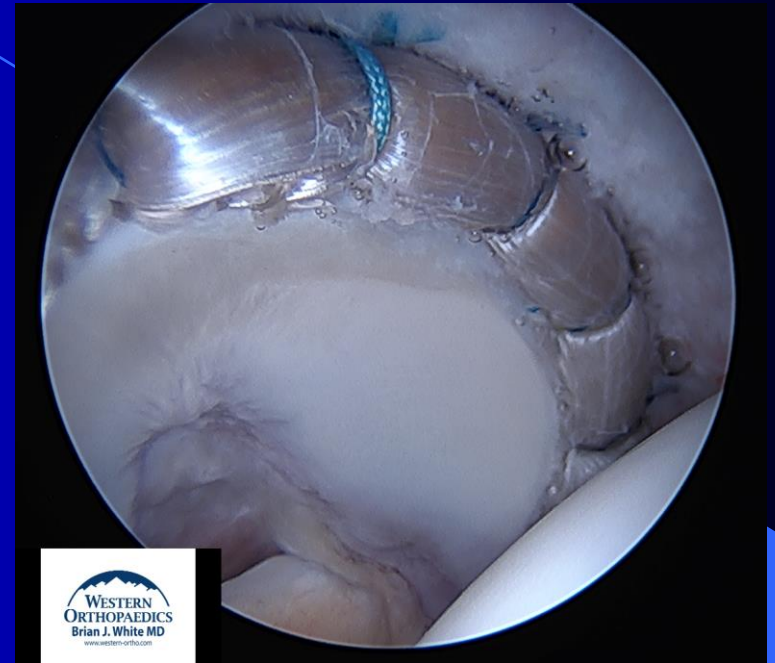
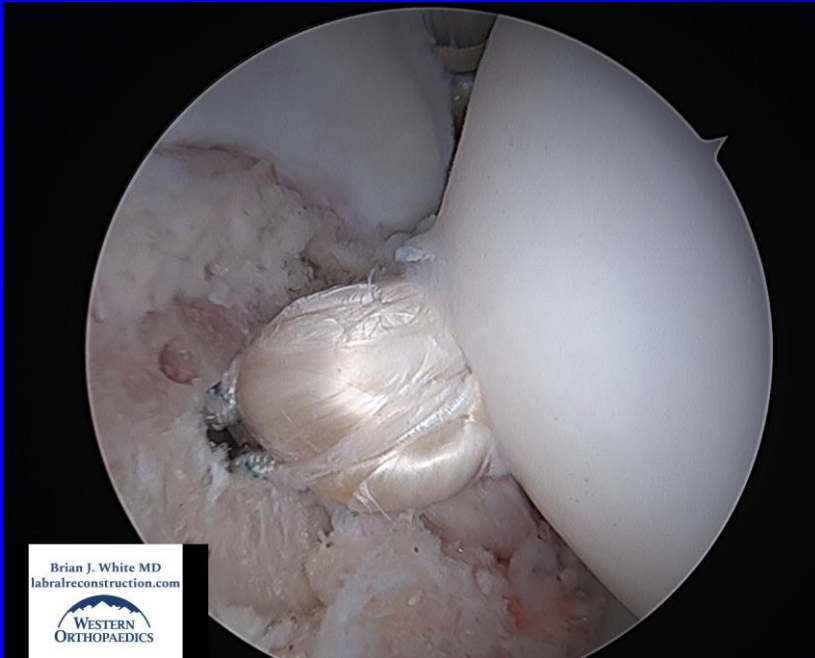
# Ligamentum Teres Reconstruction



# Rehabilitation

- 20% Weight bearing for 6 weeks
  - The hip needs to be protected a little longer as a tunnel is drilled in the center of the femoral neck to prevent a fracture.
- Otherwise, you will follow the normal protocol for hip arthroscopy.

# Thank You



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I hope this has helped you understand this powerful operation. Please do not hesitate to call my team at Western Orthopaedics should you have any questions. 303-321-1333.