

A Patient's Guide to Combined Hip Arthroscopy and Ganz Osteotomy or PAO

Dr.'s Presley Swann and Brian J. White

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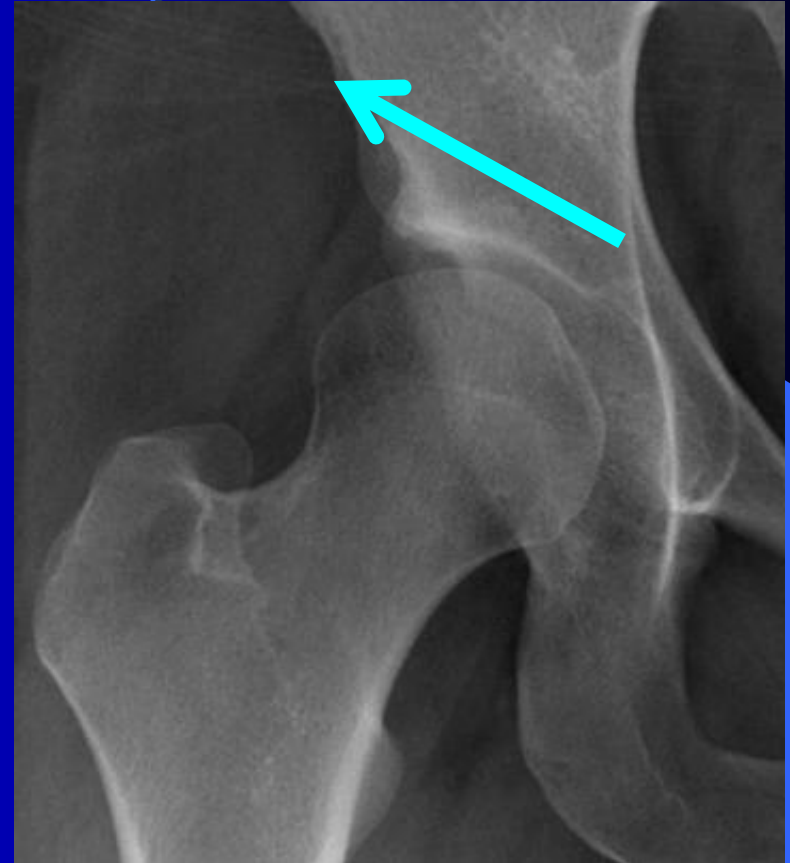
Hip Restoration Institute

The Ball and Cup need to Fit perfectly together.

When the cup is shallow and did not develop properly, over time the Hip Joint destabilizes, and Labrum breaks down and Tears.

What is Hip Dysplasia?

- A shallow cup that does not fully contain the ball
- Results in overload to the edge of the joint
- It often Leads to destabilization of the joint and tearing of the labrum and premature degenerative arthritis of the hip joint



Natural History for a Dysplastic Hip:

Shallow cup



Edge loading of the hip



Overload of Rim and Labrum and Joint Destabilization



Symptoms develop

Ideal time for Surgery



Breakdown of Labrum and Cartilage

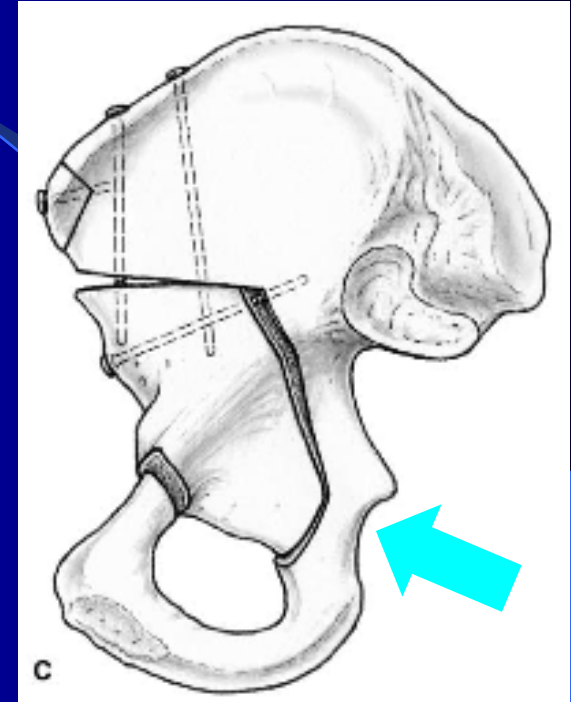
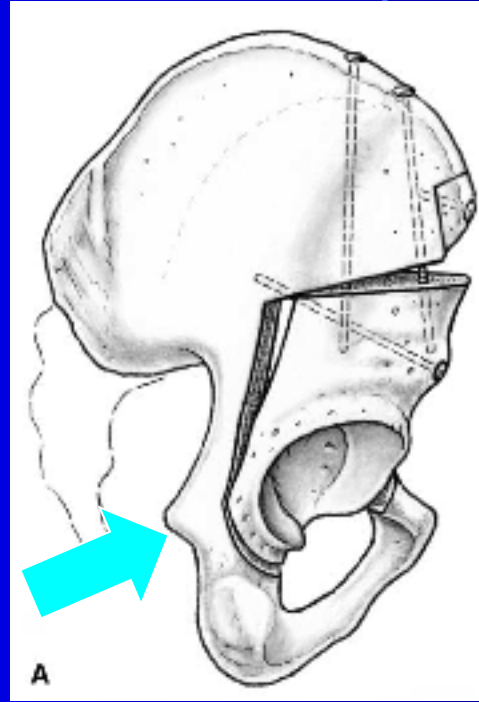


Arthritis

What is a PAO?

- PAO stands for PeriAcetabular Osteotomy
 - Basically, the cup is cut free from the pelvis and rotated to a better position to improve hip mechanics.
 - There are many different types.
- What is a Ganz Osteotomy?
 - A specific type of PAO
 - The cup is cut free without compromising the integrity and structure of the Pelvis

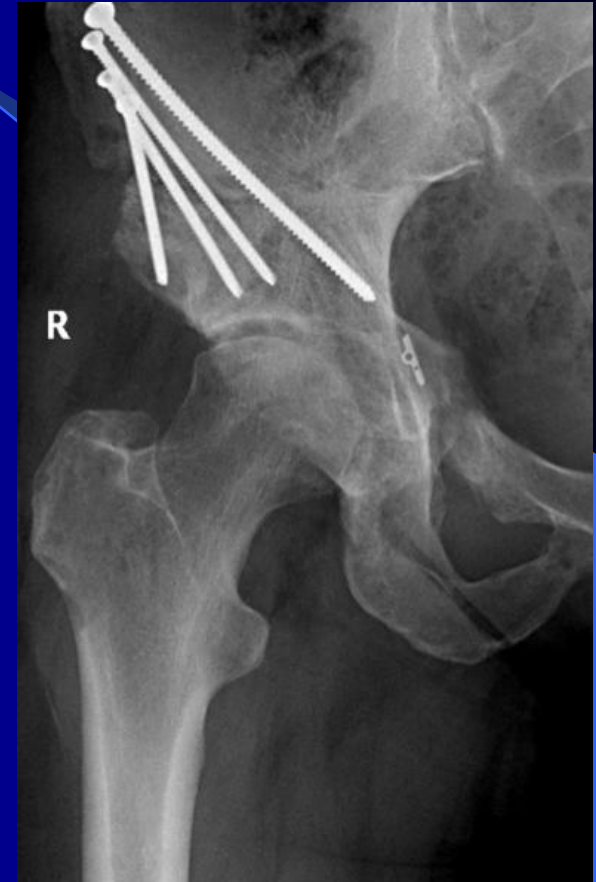
Ganz Osteotomy



- The cup is cut loose from pelvis and rotated
- The arrows show that the Pelvic ring is not cut in this process which keeps the Pelvis stable.

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.



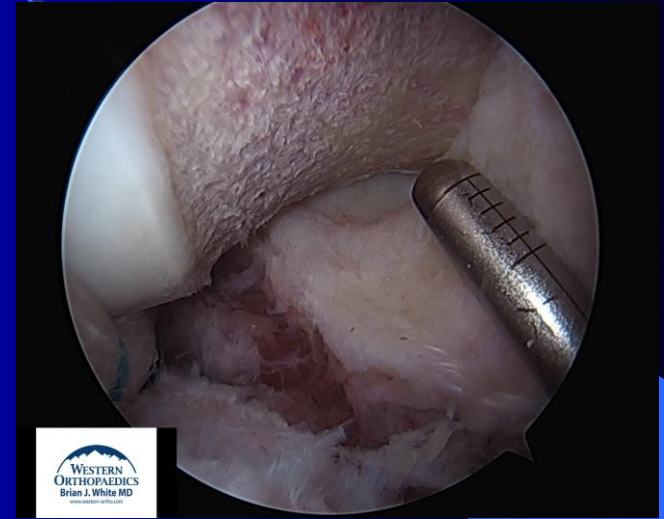
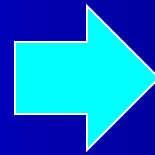
This is a patient with both a Ganz and an LT Reconstruction

Why a Hip Scope with the Ganz?

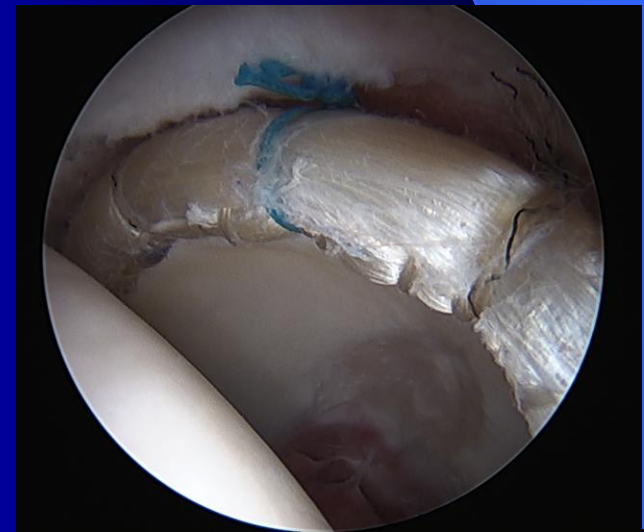
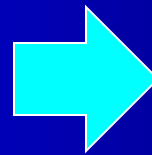
- The Torn Labrum is what hurts.
- The labrum and the inside of the joint are best taken care of with a hip scope.
- Also, the ball in a dysplastic hip is more oval shaped than round, so it must be reshaped to fit better in the cup.
- If the joint is destabilized, a ligamentum teres reconstruction can be performed to reattach the ball to the socket

Key Components of the Hip Scope:

- Femoral Osteoplasty: Reshaping the femoral neck to make it Round so that it will fit properly into the repositioned cup

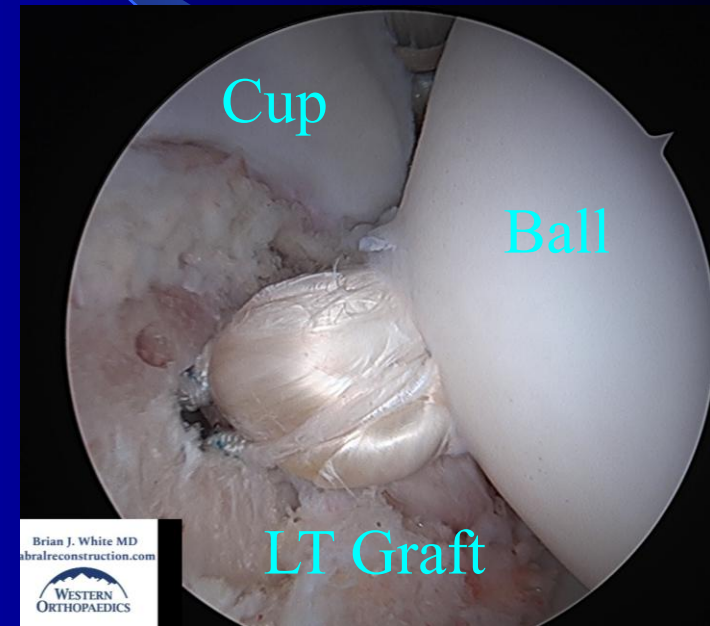


- Labral Reconstruction to make a new labrum



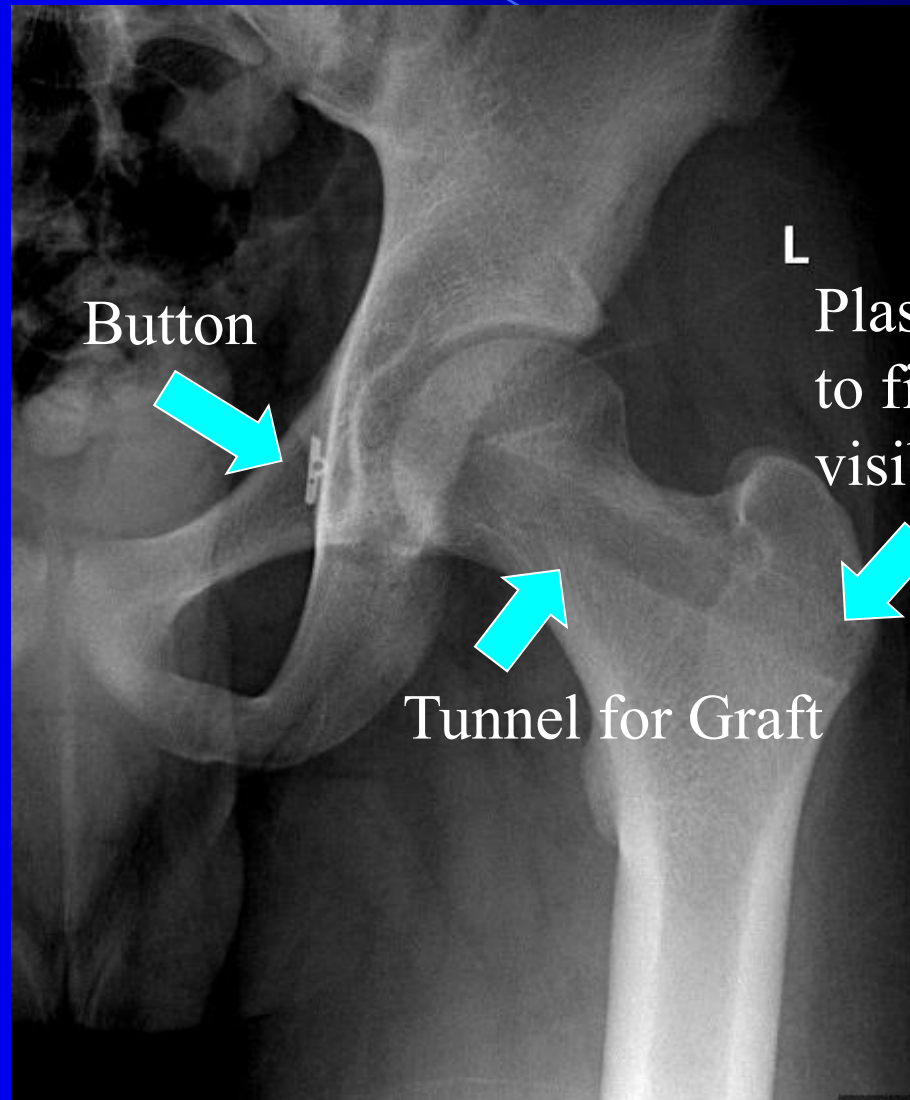
Ligamentum Teres Reconstruction

- 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.
- I reconstruct the LT when the hip is unstable. This is determined during your surgery as there is often no perfect way to identify this preoperatively



LT Reconstruction X-Ray

When the Hip is UNSTABLE, then I will reconstruct the LT in addition to the Ganz

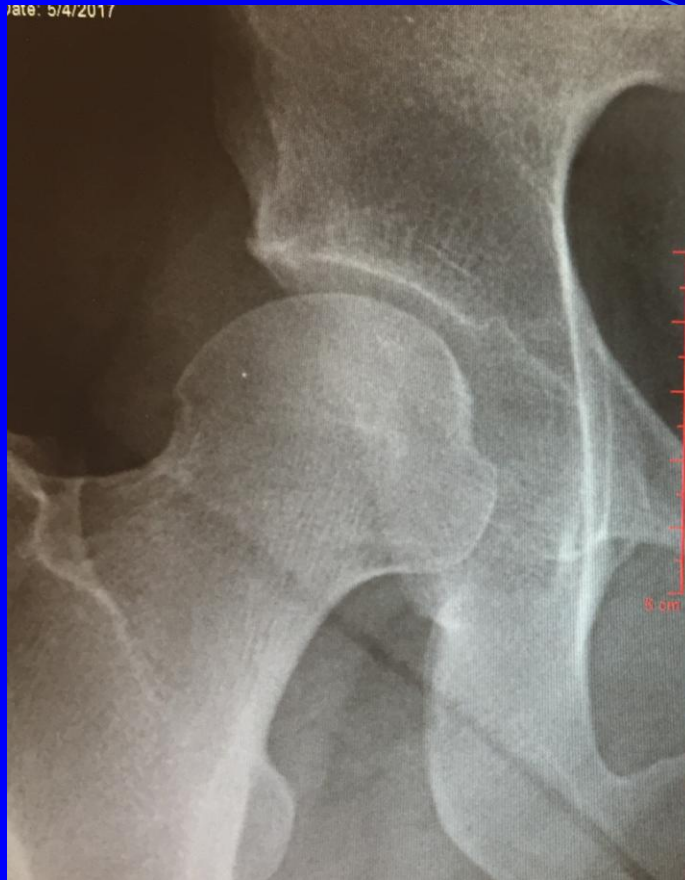


L
Plastic Screw is used to fix the graft (not visible on x-ray)

Why an LT and a Ganz?

- A dysplastic hip in most cases has a low volume socket or acetabulum.
- The Ganz does not make a normal socket. It rotates a low volume socket to a more optimal position. This may not completely restore stability to a chronically de-stabilized hip joint.
- The Ligamentum Teres can re-establish primary stability to the hip and the re-positioned socket will protect the hip moving forward.

Ganz Osteotomy



Before



After

** The cup now significantly better covers the ball and is now flat and not oblique.

General Information about the Ganz Osteotomy

- 20 year results were published in 2008
 - 60% of hips did not fail or require another surgery
 - The labrum was Not addressed in this group of patients
 - CORR (2008) 466: 1633-1644
- Who is a good fit?
 - Age < 50
 - Minimal to no arthritis
- Allows women to have a routine delivery

Logistics of these Procedures

- Hip Scope done first with an overnight stay at Swedish Hospital with Dr. White
- Within one week, return to Swedish Hospital for the Ganz Osteotomy with Dr. Swann. Dr White will collaborate with Dr. Swann with the correction
- 1-3 day Hospital stay after the Ganz

Why 2 Separate Surgeries?

- A Hip scope relies on traction to the hip joint to access the labrum so it must be done first
- Time between the 2 can allow the inflammation to come down and can get the hip to move early to reduce excessive scar formation
- I believe doing both together is too much surgery at once and can overwhelm to hip joint.

Why 2 Surgeons?

- This is a truly unique collaboration where each surgeon does what they do best to give you the best possible result.
- Dr. Swann- Fellowship trained and an expert on the Ganz Osteomy
- Dr. White-Fellowship trained and Expert on Arthroscopic Care of the Hip

Pain Control after Ganz

- Dr. Swann uses a Pump/Catheter to continuously block the Sacral Plexus nerves for 5 days after surgery.
- This allows you to walk and move your hip after surgery and significantly reduces the pain from the surgery allowing you to be much more comfortable.

Weight Bearing after the Ganz

- Never non weight bearing.
- 20% weight bearing after Scope
- After Ganz
 - 25% WB x 2 weeks
 - 50% WB x 2 weeks
 - 75% WB x 2 weeks
 - 100% WB with crutches x 2 weeks
- If a Ligamentum Teres or Microfracture is performed, then the WB is 20% for 6 weeks, 70% for 2 weeks, then progress to full weight bearing

Return to Work and School

- This is always variable depending on the individual, but in general:
 - Sedentary work and school: 2-4 weeks
 - Moderate work: 8-12 weeks
 - Heavy manual labor: 5-6 months
- Full recovery is anywhere from 6 months to 1 year usually depending on age.

Do you need PT after these surgeries?

- A skilled Physical Therapist is essential after surgery to achieve a perfect result.
- *** If you are traveling to Denver for your surgery, always make an appointment with Jordan May, Resurrection Wellness every time you come to Denver for follow up appointments with Dr's White and Swann to help your PT at home ***

Key for Scheduling

- You must see both Dr's Swann and White at least 1 month before your scheduled surgery.
- This allows time for each office to obtain authorization from your insurance company for each component (Hip Scope and Ganz) of your combined surgery.
- If you are traveling to Denver, this could be over the phone with each surgeon and their team.

We hope this was helpful for you and allows you to better understand the combination of the Hip Scope and the Ganz.

We look forward to helping you get back to all that you enjoy doing.



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