Canadian MSK Rehab Research Network

Females Reach Meaningful Outcomes Faster Than Males After Femoroacetabular Impingement Surgery

We wanted to know:

Are there sex-based differences in the timecourse, or likelihood of achieving clinically meaningful outcomes following arthroscopic hip surgery for individuals with femoroacetabular impingement syndrome (FAIS)?

What is the problem?

Hip arthroscopy is a commonly recommended treatment for FAIS. Although many people improve after surgery, not everyone experiences meaningful benefits. FAIS presentation has been reported to differ between sexes, potentially impacting surgical approach, recovery and long-term success. Our current understanding of how sex impacts surgical success is unclear and few studies have researched sex differences in achieving meaningful improvement over several years after surgery.

How did you study the problem?

We analyzed data from individuals with FAIS who had hip arthroscopy. Patient quality of life was collected before surgery and up to two-years after surgery using a clinical questionnaire. Meaningful improvement was determined using the minimal clinically important difference (MCID), defined as a 12-point increase in questionnaire scores over two-years after surgery. Time to, and likelihood of achieving MCID was assessed using survival and regression analyses, respectively.

What did you find?

Females achieved MCID significantly faster than males (median of 6 and 26 weeks, respectively). Females were also 45% more likely to achieve the MCID over two-years compared to males.

How can this research be used?

These findings may be used to inform patient expectations for recovery and help clinicians improve both pre-surgery screening and post-surgery rehabilitation processes.

Cautions

As a single-centre, retrospective study, our findings may not be generalizable to all patients or surgical settings. Our two-year follow-up period may not reflect longer-term outcomes. Furthermore, this study did not measure rehabilitation adherence, physical activity levels, or psychosocial variables, which may influence post-surgery recovery.

Reference: Manuscript in preparation

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