

Joseph C. McCarthy
Philip C. Noble
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Editors

Hip Joint Restoration



Worldwide Advances in
Arthroscopy, Arthroplasty,
Osteotomy and Joint
Preservation Surgery

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Preface

Those of us who treat patients with hip pain know that the surgical treatment of hip disease has undergone tremendous growth during the last decade. Prior books on the hip have either addressed arthroplasty, in providing prosthetic solutions for end-stage hip arthritis, or focused on minimally invasive arthroscopy of the hip. Many of them were technical treatises. Yet hip surgery has moved on greatly from the days when all that might be offered was fracture fixation or arthroplasty and, for the younger patient, the instruction to wait until they had reached sufficient age to justify a prosthesis. The thrust of most surgeons in the twenty-first century is to achieve as much benefit as possible for the patient while keeping surgical trauma to a minimum. Fulfillment of this ambition requires an understanding of new concepts and new procedures, as well as new training to accompany them.

The authors of this book believe that hip disease presents as a spectrum of symptoms and pathology, and so any comprehensive text must include the accurate diagnosis and treatment of both the biologic and the prosthetic hip. With the explosion of information on hip disease in the literature, particularly in the treatment of younger patients, the authors felt that it was time for a comprehensive treatise on this subject. Arthroscopy of the Hip, according to many, is the fastest growing specialty area within orthopedics. Accordingly, an extensive amount of this book is devoted to determining proper surgical indications as well as knowledge of surgical techniques and outcomes for the expanding number of surgical procedures in this area.

This book is divided into 16 parts. Pathology within the hip is best understood in contradistinction to normal growth and development. Early chapters also focus on discerning extra-articular from intra-articular etiologies of hip pain. Digital imaging, including CT, MRI, and ultrasound, has immensely increased our diagnostic understanding of the joint and the periaricular soft tissues. At times, MR imaging may disclose combined issues in pathology such as intra-articular loose bodies in combination with osteonecrosis of the hip or, similarly, an acetabular labral tear in combination with abductor muscle attenuation.

The spectrum of treatment of hip disease importantly includes hip osteotomies, whether of the femur or the acetabulum, or in combination. Knowledge of these procedures and their indications is a critical prerequisite for successful outcomes, especially in young patients. However, some young patients do require total hip arthroplasty, typically secondary to osteonecrosis, tumors, trauma, or collagen disease. Several chapters are devoted to the latest evidence-based information on bearing surfaces, and implant selection as well as surgical techniques.

A critically important area for increased understanding is patient outcomes following hip arthroscopy, osteotomy, or total joint replacement. Importantly, world experts in validated outcome measures and quality of life indicators are authors of chapters in this book. Another unique feature of this volume is a section describing the growth and development of hip arthroscopic surgery in each of the world's continents, authored by experts in each of these geographical areas. Finally, there is an entire section devoted to research and future developments. The robustness of the information as well as the development in these areas adds significantly to the depth of knowledge contained within this book.

There has never been such an exciting time to be a specialist in hip surgery, nor such a time to feel so proud. This book brings together a large number of specialists in the field, each of whom has given up valuable hours to prepare their text. As editors we are enormously grateful to them. Our authors are excellent clinicians, respected practitioners, but, more than anything, good personal friends. So join us on the tidal wave of surgical development shown on these pages, the tidal wave in the surgical treatment of hip disease.

In conclusion, this book has been a truly collaborative effort but would never have been possible without the tireless efforts of Connie Walsh, Miranda Finch and Kristopher Spring at Springer whose expertise, patience, and attention to detail have been vital. We also profusely thank our colleagues and fellow members of ISHA (The International Society of Hip Arthroscopy) who have pitched in as authors and section editors to share their knowledge and understanding of hip disease in making this work an important treatise. And finally, we thank our spouses and families for their support and understanding during this extensive endeavor.

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Abbreviations

ADL	Activities of daily living
AIIS	Anterior inferior iliac spine
ASIS	Anterior superior iliac spine
AVN	Avascular necrosis
BMP	Bone morphogenic proteins
BW	Body weight
CMI	Core muscle injury
COPD	Chronic obstructive pulmonary disease
CT	Computerized tomography
DEXRIT	Dynamic external rotatory impingement test
DGS	Deep gluteal syndrome
DHS	Dynamic hip screw
DIRI	Dynamic internal rotatory impingement test
EMG	Electromyography
FABER	Flexion, abduction, external rotation
FADDIR	Flexion adduction internal rotation test
FAI	Femoroacetabular impingement
GRF	Ground reaction force(s)
HHS	Harris hip score
HHSm	Modified Harris hip score
HPI	History of present illness
iHOT	international hip outcome tool
IPI	Iliopsoas impingement
ITB	Iliotibial band
L	Left
MAHORN	Multicenter arthroscopy of the hip outcomes research network
MFCA	Medial femoral circumflex artery
MRI	Magnetic resonance imaging
NAHS	Nonarthritic hip score
NSAIDS	Nonsteroidal anti-inflammatory drugs
OA	Osteoarthritis
ON	Osteonecrosis
ONFH	Osteonecrosis of the femoral head
PRP	Platelet rich plasma
R	Right
ROM	Range of motion
SCFE	Slipped capital femoral epiphysis
SI	Sacroiliac

TFL	Tensor fasciae latae
THA	Total hip arthroplasty
VAS	Visual Analog Pain Scale
WOMAC	Western Ontario and McMaster University

Contents

Part I Structure and Function of the Tissues of the Hip (Normal and Diseased) Richard E. Field

1 Development of the Hip: Phylogeny and Ontogeny	3
Tom Hogervorst, Karl-Philipp Kienle, and Moritz Tannast	
2 Anatomy: Cartilage	15
Veronica Ulici, Antonia F. Chen, Anthony W.M. Cheng, and Rocky S. Tuan	
3 Anatomy: Labrum	23
Michael L. Nguyen and Marc R. Safran	
4 Anatomy: Capsule and Synovium	27
Richard E. Field, Caroline Blakey, and Francesc Malagelada	
5 Fundamental and Clinical Considerations of the Muscles of the Hip	35
Donald Anthony Neumann	
6 Ligamentum Teres: Anatomy, Structure and Function	53
Alexandra Dimitrakopoulou and Richard N. Villar	
7 Functional Mechanics of the Human Hip	57
Philip C. Noble, Maureen K. Dwyer, Mohammed S. Gobba, and Joshua D. Harris	

Part II Clinical Evaluation of Hip Function Allston J. Stubbs

8 Function of the Normal Hip	77
Michael R. Torry, Michael J. Decker, Jeffrey C. Cowley, David Keeley, Thomas W. Kerozek, and Kevin B. Shelburne	
9 Outcome Instruments for Assessment of Hip Function	91
Simon W. Young and Marc R. Safran	
10 Gait Analysis	115
Maureen K. Dwyer	
11 Evaluation of the Painful Hip	123
Joshua A. Tuck, Michael A. Flaherty, and Brian D. Busconi	
12 Clinical Evaluation of Hip Function: Essential Features in the History	139
Allston J. Stubbs and Elizabeth A. Howse	
13 Essential Findings in the Clinical Exam	145
Hal David Martin, Ian James Palmer, and Munif Hatem	

Part III Hip Pathology

Brian D. Busconi

14	Osteoarthritis of the Hip	159
	Matthew A. Popa, Victor M. Goldberg, and Glenn D. Wera	
15	Hip Disease Etiologies: FAI and Dysmorphias.....	169
	Xavier Flecher, Sebastien Parratte, and Jean-Noel Argenson	
16	Synovial Pathology of the Hip.....	177
	Thierry Boyer and Virginie Legre-Boyer	
17	Hip Pathology: Overload Syndromes.....	189
	Allston J. Stubbs and Elizabeth A. Howse	
18	Hip Disease Etiologies: Trauma.....	197
	Joshua A. Tuck, Scott King, Craig M. Roberto, and Brian D. Busconi	
19	The Understanding of Hip Etiologies: Osteonecrosis of the Femoral Head.....	205
	Bhaveen H. Kapadia, Kimona Issa, Samik Banerjee, and Michael A. Mont	

Part IV Imaging Advances

Victor M. Ilizaliturri Jr

20	The Bony Morphology of Femoroacetabular Impingement	213
	Paul Whittingham-Jones and Paul E. Beaulé	
21	Imaging of Cartilage Patho-anatomy.....	221
	Steven S. Chua, Jason D. Alder, Joshua D. Harris, Andrew R. Palisch, Collin D. Bray, and Philip C. Noble	
22	Magnetic Resonance Imaging of the Hip Labrum, Capsule, and Synovium	231
	Brett Lurie, Stephanie L. Gold, and Hollis G. Potter	
23	Extra-articular Pathology of the Hip	247
	Scott S. Lenobel, Adriana M.L. Oliveira, and Miriam A. Bredella	
24	Magnetic Resonance Imaging of the Hip	259
	Srinath C. Sampath, Srihari C. Sampath, and William E. Palmer	
25	Imaging the Previously Operated Hip	271
	Philip J. Glassner and Joseph C. McCarthy	
26	Advances in 2D and 3D Imaging for FAI Surgical Planning	277
	Jaron P. Sullivan, Timothy Bryan Griffith, Caroline N. Park, and Anil S. Ranawat	

Part V Non Arthroscopic Treatment of Hip Disease

Jason Brockwell

27	The Natural History of Untreated Osteoarthritis of the Hip	289
	S. David Stulberg	
28	Nonsurgical Treatment (Indications, Limitations, Outcomes): Injections	299
	Omar El Abd, João E.D. Amadera, Daniel Camargo Pimentel, and Amit Bhargava	
29	Groin Pain in Athletes: Assessment and Nonsurgical Treatment.....	315
	Per Hölmich and Kristian Thorborg	

30	The Painful Groin	323
	Alexandra Dimitrakopoulou and Ernest Schilders	
31	Limited Open Procedures	329
	Aaron Glynn and Javad Parvizi	
32	Limitations of Open and Arthroscopic Surgical Technique for the Treatment of Femoroacetabular Impingement.....	337
	Sangmin Ryan Shin and Scott D. Martin	
33	Open Surgical Treatment: Advantages and Potential Complications of Modern Surgical Approaches.....	345
	Hany Bedair	

Part VI Arthroscopic Treatment of Hip Disease

Michael J. Salata

34	The History of Hip Arthroscopy.....	353
	Sachin Daivajna, Richard N. Villar, and Narendra Ramisetty	
35	Indications for Hip Arthroscopy	359
	Catherine A. Nosal, Asheesh Bedi, Rebecca M. Stone, and Christopher M. Larson	
36	Arthroscopic Treatment: Surgical Anatomy	367
	Allston J. Stubbs, Todd C. Johnson, and Elizabeth A. Howse	
37	Hip Arthroscopy: Anatomy and Technical Pearls of the Procedure	377
	Scott D. Martin and David M. Privitera	
38	Arthroscopic Treatment: Principles of Hip Distraction	391
	Hassan Sadri	
39	Arthroscopic Treatment: Fundamentals of Hip Joint Instrumentation	397
	Sean Mc Millan, Brian D. Busconi, and Craig M. Roberto	
40	Arthroscopic Treatment: Principles and Devices for Hip Joint Access	405
	J.W. Thomas Byrd	
41	Arthroscopic Treatment: Layout of the Operating Room Surgical Approaches—Lateral	425
	Thomas G. Sampson	
42	Arthroscopic Treatment: Layout of the Operating Room—Surgical Approaches, Supine	439
	Carlos A. Guanche	
43	Optimizing Exposure and Accessibility for Arthroscopic Correction of Femoroacetabular Impingement	445
	Christopher M. Larson	
44	Anesthesia and Analgesia for Hip Surgery.....	455
	Sunit Ghosh, Amo Oduro, and Stephen Webb	

Part VII Surgical Treatment of Specific Hip Conditions

Rodrigo Mardones

45	Biologic Labrum.....	463
	Joseph C. McCarthy, Leah Elson, and JoAnn Lee	

46	Specific Tissues and Conditions: Chondral Lesions	469
	Daniel L. Skinner, Edward D.R. Bray, Giles H. Stafford, and Richard N. Villar	
47	Special Patients and Conditions: Femoroacetabular Impingement	475
	Óliver Marín-Peña and Lissette Horna	
48	Arthroscopic Treatment of Combined Cam- and Pincer-Type Femoroacetabular Impingement	489
	Christopher M. Larson, Rebecca M. Stone, and Patrick M. Birmingham	
49	Special Patients and Conditions: Other Forms of Impingement (Ischiofemoral, Pectineofoveal).....	503
	J.W. Thomas Byrd	
50	Synovial Disease	511
	J.W. Thomas Byrd	
51	Surgical Treatment of Specific Hip Conditions: Ligamentum Teres Injuries.....	521
	Alexandra Dimitrakopoulou and Richard N. Villar	
52	Treatment of Specific Conditions: Loose Bodies.....	527
	Matías Salineros and Rodrigo Mardones	
53	Specific Tissues and Conditions: Trauma.....	531
	Christopher Betz, Michael A. Flaherty, Craig M. Roberto, Scott King, Joshua A. Tuck, and Brian D. Busconi	
54	Arthroscopic Treatment: Bony Lesions	541
	Thomas G. Sampson	
55	Specific Tissues and Conditions: Osteonecrosis, Avascular Necrosis.....	555
	Athanasiou V. Papavasiliou and Ioannis Gliatis	
56	Specific Tissues and Conditions: Pediatric Conditions	561
	Giancarlo C. Polesello, Miguel Akkari, and Marcelo C. Queiroz	
57	Specific Tissues and Conditions: Extra-articular Pathologic Conditions.....	571
	Shane J. Nho, Richard C. Mather III, Andrew E. Federer, Ryan Freedman, Frank McCormick, and Michael J. Salata	

Part VIII Special Patients and Conditions

John M. O'Donnell

58	Special Patients and Conditions: Elite Athletes	585
	John M. O'Donnell, Michael George Pritchard, Mohamed S. Gobba, George Chukwuka Ozoude, Philip C. Noble, and Parminder J. Singh	
59	Special Patients and Conditions: Capsular Laxity Including Ehlers-Danlos.....	595
	Lourenço P. Peixoto, Peter Goljan, Brian M. Devitt, and Marc J. Philippon	
60	Current Procedures and Techniques for the Treatment of Osteonecrosis of the Hip.....	601
	Samik Banerjee, Bhaveen H. Kapadia, Jeffrey J. Cherian, and Michael A. Mont	
61	Special Patients and Conditions: Sports Hernia	619
	Michael A. Flaherty, Joshua A. Tuck, Jeffrey F. Murray, and Brian D. Busconi	

62	Acetabular Dysplasia: Aetiological Classification.....	631
	Jason Brockwell, John N. O'Hara, and David A. Young	
63	Quality-of-Life After Hip Arthroscopic Surgery	643
	Nicholas G.H. Mohtadi	
64	Evaluating the Outcome of Hip Preserving Procedures: Patient Function, Satisfaction, and Impairment	649
	Maureen K. Dwyer and Philip C. Noble	

Part IX Articular Lesions: Prevention and Treatment

Marc R. Safran

65	Biology of Cartilage Regeneration	657
	Cecilia Pascual-Garrido and Scott A. Rodeo	
66	Microfracture in the Hip	665
	Fernando Portilho Ferro, Peter Goljan, and Marc J. Philippon	
67	Cartilage Grafting.....	671
	Andrea Fontana	
68	The Use of Fibrin Adhesive for Cartilage Repair in Hip Arthroscopy	681
	Samuel J. Barke, Giles H. Stafford, and Richard N. Villar	
69	Novel Techniques in the Treatment of Chondral Lesions of the Hip	687
	Rodrigo Mardones and Catalina Larraín Birrell	
70	Osteochondral Allografting of the Hip	695
	Simon Görtz and William D. Bugbee	

Part X Hip Osteotomies

Richard F. Santore

71	Special Patients and Conditions: Acetabular Dysplasia.....	703
	Cara Beth Lee and Young-Jo Kim	
72	Hip Osteotomies: Acetabular	713
	Richard F. Santore	
73	Birmingham Interlocking Peri-Aacetabular Osteotomy	723
	Jason Brockwell, John N. O'Hara, and David A. Young	
74	Mini-Incision Periacetabular Osteotomy	731
	Kjeld Søballe and Anders Troelsen	
75	Results of Periacetabular Osteotomy (PAO).....	739
	Brian T. Barlow and Richard F. Santore	
76	Proximal Femoral Osteotomy in Hip Preservation.....	747
	Jaclyn F. Hill, Nicole I. Montgomery, and Scott B. Rosenfeld	
77	Combined Periacetabular Osteotomy and Proximal Femoral Osteotomy for Severe Hip Deformity	755
	Stephen T. Duncan and John C. Clohisy	

Part XI Joint Replacement

Philip C. Noble

78	Partial Joint Replacement	763
	Lourenço P. Peixoto, Peter Goljan, and Marc J. Philippon	
79	Metal on Metal Hip Resurfacing: Current Indications and Results	769
	Vikram Chatrath and Paul E. Beaulé	
80	Total Hip Replacement in the Young Patient	777
	Hernan A. Prieto, Atul F. Kamath, and David G. Lewallen	
81	Short-Stem Total Hip Replacement	787
	Carl C. Berasi IV and Adolph V. Lombardi Jr	
82	Hip Replacement in the Athlete	793
	Fintan Doyle and Matthew J. Wilson	
83	Arthroscopy Following Total Hip Replacement	799
	Joseph C. McCarthy, Leah Elson, and Joann Lee	

Part XII Functional Outcomes

Nicholas G.H. Mohtadi

84	Activities, Symptoms, and Expectations of Patients Undergoing Hip Surgery	805
	Michael G. Hogen, Maureen K. Dwyer, Ugo N. Ihekweazu, Ardavan Ariel Saadat, Krissett A. Loya-Bodiford, and Philip C. Noble	
85	Rehabilitation After Hip Arthroscopy	815
	RobRoy L. Martin, Benjamin R. Kivlan, and Keelan R. Enseki	
86	The Importance of Validated Scoring Systems for the Hip	825
	Nicholas G.H. Mohtadi	
87	Survivorship and Clinical Results After Hip Arthroscopy: How Should We Define a Good Treatment Option?	831
	Philip C. Noble, Ardavan Ariel Saadat, Morteza Meftah, Katherine E. Garrett, and Joshua D. Harris	

Part XIII Worldwide Experience with Hip Arthroscopy

A.J.M.D. Tony Andrade

88	UK and European Experience with Hip Arthroscopy	843
	A.J.M.D. (Tony) Andrade and Tom Pollard	
89	Africa	855
	Josip Nenad Cakic	
90	History of Hip Arthroscopy in the USA	867
	Joseph C. McCarthy, Leah Elson, and JoAnn Lee	
91	Worldwide Experience with Hip Arthroscopy: Australia	871
	John M. O'Donnell	
92	Worldwide Experience of Hip Arthroscopy: Mexican Experience	877
	Marco Acuña, Carlos Suarez-Ahedo, and Victor M. Ilizaliturri Jr.	

93 Worldwide Experience with Hip Arthroscopy: South America	885
Alexander Bent Tomic Loftkjaer and Rodrigo Mardones	
94 Hip Arthroscopy in India: A Perspective.....	889
Vijay D. Shetty	
95 The Worldwide Experience with Hip Arthroscopy—Japan	893
Nobuhiko Sugano and Takashi Nishii	
96 Hip Arthroscopy in China	897
Jason Brockwell	
 Part XIV Practice Management and Education	
Hatem Galal Said	
97 Setting Up a Hip Arthroscopy Service	909
Richard E. Field, Parminder J. Singh, Mahalingam Karupppiah, and Omer Mei-Dan	
98 Education and Hip Arthroscopy.....	915
Richard N. Villar	
 Part XV Research	
Josip Nenad Cakic	
99 Development Anatomy and Its Impact on Hip Function	921
Amardeep Singh and Paul E. Beaulé	
100 Research Advances in Understanding the Genetic Basis of Hip Disease.....	929
George Feldman, Javad Parvizi, and Hind Sawan	
101 Fluid Mechanics, Pre- and Post Capsulotomy.....	935
Richard E. Field, Francesc Malagelada, and Francesco Strambi	
102 Research into the Application of Imaging to the Diagnosis of Hip Disease.....	941
Jason D. Alder, Steven S. Chua, Collin D. Bray, Joshua D. Harris, Andrew R. Palisch, and Philip C. Noble	
103 Cell Therapy in Hip Surgery	949
M. Munir Khan, Paul Genever, James B. Richardson, and Andrew W. McCaskie	
104 Surgical Navigation of the Hip for Femoroacetabular Impingement	957
Jaron P. Sullivan, Timothy Bryan Griffith, Caroline N. Park, and Anil S. Ranawat	
105 Outcomes Following Hip Surgery	961
Nicholas G.H. Mohtadi	
106 The Critical Role of Registries in Documenting the Outcomes of Hip Preservation Surgery	967
Andrew John Timperley, Marcus J.K. Bankes, Siôn Glyn-Jones, and Sarah L. Whitehouse	
 Part XVI Future Developments	
107 The Future of Hip Arthroscopy.....	977
Joseph C. McCarthy, Philip C. Noble, and Richard N. Villar	
Index.....	981

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Joseph C. McCarthy, MD is the chief of Reconstructive Hip and Knee Joint Surgery at Newton Wellesley Hospital, a member of the joint arthroplasty staff at Massachusetts General Hospital, and Associate professor of Orthopedic Surgery at Harvard University, part-time. He is also a clinical professor of Orthopedic Surgery at Tufts University for the past 20 years. He has had a long-standing interest in hip joint preservation and, along with Dr. James Glick, pioneered hip arthroscopy in the United States. This focus included published work on hip anatomy and morphology as well as minimally invasive surgical approaches, development of a dedicated hip distractor and instruments solely for use in hip arthroscopic procedures.

Dr. McCarthy completed his undergraduate education at the University of Notre Dame, during which time he played on the varsity hockey and baseball teams. He then matriculated to Georgetown University

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During his career he has served the American Academy of Orthopedic Surgeons as a member of the Committee on the Hip, program chair for the Hip Society, and has been on the board of directors for both the AAOS and the orthopedic research and education foundation (OREF). He has also been the chair of the board of specialty societies of the AAOS and chairman of the Shands Society of OREF. He is a founding member of the International Society of Hip Arthroscopy. He is also past president of the American Association of Hip and Knee Surgeons and the International Society of Hip Arthroscopy.

For his research he has received both the Otto Aufranc Award and the Frank Stinchfield Award from the Hip Society and the AAOS. Both of these awards were for work on understanding the acetabular labrum and, when injured, its relationship to degenerative arthritis of the hip joint. Dr. McCarthy has been Director of the biologic hip portion of the Harvard hip/knee course for the past 8 years and has been co-chairman of the AAOS Learning Center hip arthroscopy course for the past 12 years.

Dr. McCarthy has been committed to scholarship in the field of hip preservation, publishing the first validated hip outcomes scoring system for the native hip, as well as been an active member of MAHORN (Multi-center Arthroscopic Hip Outcomes Research Network). Most recently he has authored work on hip joint lubrication and EMG muscle effects associated with acetabular labral tears. Dr. McCarthy has authored over 175 peer-reviewed articles, posters, book chapters, and books.



Philip C. Noble, BE MEngSci PhD was educated in Australia in diverse subjects including Engineering, the Physical Sciences, and Classical Philosophy. After being awarded a Winston Churchill Fellowship in 1979, he traveled throughout Europe, the United Kingdom, and North America and eventually returned to Houston to work in the Texas Medical Center. He was awarded his PhD from the University of Strathclyde in Glasgow, Scotland, where he studied the biomechanics of the hip and hip replacement under the direction of Professor John Paul. He now serves as the Director of Research in the Institute of Orthopedic

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Richard N. Villar, BSc (Hons) MA MS FRCS qualified in medicine at St. Thomas's Hospital in London (UK) before joining the military as the Regimental Medical Officer to the SAS. After leaving the Army he completed his surgical studies in Southampton and Cambridge, joining the consultant staff of Addenbrooke's Hospital (Cambridge) in 1988. It was there that he developed his interest in conservative hip surgery and now has one of the largest experiences of hip arthroscopic (keyhole) procedures in the world.

Now in independent practice, Richard is a Founding Member, and first President, of the International Society for Hip Arthroscopy. He has served as a member of Council of the British Orthopaedic Association, is an assessor for the General Medical Council, and is a member of the United Kingdom's Disaster Emergency Response Team.

In this latter capacity he was operational in the aftermaths of the Kashmir, Java, and Haiti earthquakes. Richard regards orthopedic surgery as both his profession and hobby.

When not dealing with problematic hips and knees, he can be found either playing his classical guitar or on a mountainside, maintaining his skills as an International Mountain Leader.

Part I

Structure and Function of the Tissues of the Hip (Normal and Diseased)

Richard E. Field

Development of the Hip: Phylogeny and Ontogeny

1

Tom Hogervorst, Karl-Philipp Kienle, and Moritz Tannast

Introduction

The human hip is a conceptually simple ball and socket joint, but functions as part of a complex anatomic unit consisting of the femur, the pelvis and the lumbosacral spine. This unit is highly variable between different species of animals. Human hip evolution is characterized by obligate bipedal gait and encephalization (development of a disproportionately enlarged brain). This makes the female pelvis the only skeletal element that conveys information about these two most peculiar traits of human evolution. It shows both the adaptations that occurred to facilitate a permanent bipedal gait and, at the same time, the adaptations to accommodate the birth of a large-brained baby.

Human hip morphogenesis can deviate from its normal pathway by developmental hip disorders. Common developmental hip disorders such as developmental dysplasia of the hip, slipped capital femoral epiphysis (SCFE) but also femoroacetabular impingement can be explained from an evolutionary perspective. Below, we review relevant aspects of evolution (phylogeny) and human hip morphogenesis (ontogeny) that are relevant to the understanding of hip morphotypes and related hip disorders.

Evolution of Bone and Locomotion

Mineralized tissues (enamel, dentine and bone) were a major breakthrough in evolution. Calcium carbonate (CaCO_3), the common constituent of rock, was always present in ocean water and started being used as reinforcement in organisms about half a billion years ago in the Cambrian era [1]. Since then, fossils demonstrate the calcified remains of life's evolution. But the fossil record will, by definition, always remain incomplete, and it is genetic studies that have revolutionized our understanding of the early stages in evolution of mineralized tissues. For example, a related family of genes that likely arose from a common ancestor produces the mineralized tissues for teeth (enamel, dentine) and skeletons (bone extracellular matrix) [2]. Teeth-like structures probably evolved first, allowing new forms of predation, followed by a dermal exoskeleton of dentine, enamel and bone [3]. Teeth produced big changes in feeding and predation while development of endo- and exoskeletons allowed radical changes in locomotion. Bone likely appeared as an attachment to dentine in scales [2] in exoskeletons. The stunning fossils from the Cambrian era document an explosion in the possible basic structures of bodies (body plans) [4, 5]. The vast majority of these have long gone extinct and the remaining body plans (i.e. at phylum and subphylum level) now show striking *invariability*, for which genetic explanations have been suggested recently [6]. In contrast, within phyla, a spectacular variety in animal form has developed. On the phylum level, the existence of an endo- versus an exoskeleton (e.g. Arthropodae) imparts major differences in function. An exoskeleton affords strength and allows limbs to be longer which enhances both protection and locomotion. An endoskeleton has the advantage over exoskeletons that it frees the skin to function as sensory and thermoregulatory organ.

Already in lobe-finned fishes such as the *Eusthenopteron* (Devonian period [415–375 million years ago]), we find the primordial tetrapod body structure consisting of a longitudinal body axis with four perpendicular appendages. Indeed, their paired breast and pelvic fins have the pattern of our

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limbs today: one proximal (femur and humerus) and two distal bones (tibia/fibula and radius/ulna, Fig. 1.1). Their pelvic fins had what can be interpreted as a proto-femur. Once “on land” a suite of further developments improved locomotion, both in endurance and speed.

Evolution of Tetrapod Gait

The development of terrestrial life forms hinged on the evolution of limbs from paired fins, limbs that, eventually, could bear the animal’s weight against gravity (Fig. 1.2). Molecular genetic studies now show the fin to limb transformation can be made by subtle changes in a relatively small number of genetic switches [7], i.e. without the need for extraordinary processes or genetic mechanisms. Amphibians started walking with a sprawling gait, with the limbs still perpendicular to the long axis of the body—as with the paired fins in fish. But on land this requires permanent elevation of the body above the plane of the appendages to prevent contact between the trunk and the ground (Fig. 1.3).

Much heavier loads can be carried by limbs that are vertical than those that are horizontal, and so, vertical limb alignment allowed dinosaurs to grow to a huge size. The emergence of vertical limb positions and rounding of the hip joint also enabled increased stride length, while adoption of an erect posture decoupled walking from breathing. This increased stamina, as running no longer counteracted breathing [8].

Mammalian Hip Types

Mammals display large variation in hip morphology. Conceptually, two types of hip can be distinguished, *coxa recta* and *coxa rotunda* [9, 10], based on differences in proximal

femoral concavity [11]. Concavity is a compound measure, influenced by the relative dimensions of the femoral head and neck (*head-neck ratio*), the roundness of the femoral head (*sphericity*) and the position of the femoral head relative to the neck [12]. Concavity thus determines the potential for femoral impingement (the acetabular parameters are depth and sphericity). Concavity can be quantified by angular measurements, e.g. alpha [13], beta, gamma and delta angles [12] and linear measurements (offset) or ratios. Coxa recta and rotunda relate to the ossification pattern of the proximal femur [14] and locomotor categories. Specifically, a single coalescence of the proximal femur is seen in coxa recta, whereas separation of the trochanteric and capital epiphysis is seen in coxa rotunda. Typically, coxa recta is seen in runners and jumpers, rotunda in climbers, amphibians and swimmers (Fig. 1.4. horse/walrus). In humans (and in the nonhuman apes), the two epiphyses of the proximal femur separate, i.e. a coxa rotunda ossification pattern. However, some morphotypes of the human hip appear to mimic the normal morphology of species with “coalesced” epiphyses [14], i.e. a coxa recta or “cam-type” hip [15].

Locomotion in the Nonhuman Apes

The nonhuman apes have a varied repertoire of locomotion including arm slinging, climbing, quadrupedal knuckle walking and bipedal walking. The nonhuman apes (chimpanzee, bonobo, gorilla, gibbon, orangutan) do not run bipedally [16], and their bipedal walking is not the true upright walking seen in modern humans. Due to a stiff spine [17], bipedal walking in the nonhuman apes requires flexion in both hips and knees to position the trunk over the feet (Fig. 1.5). Bipedal walking in the nonhuman apes therefore requires constant activity of hip extensors (hamstrings) and

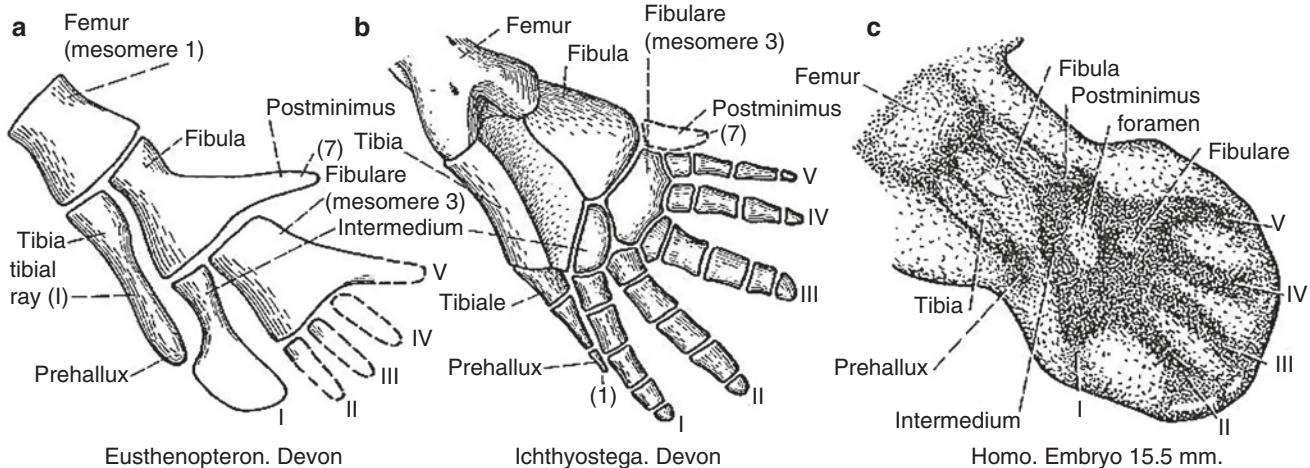


Fig. 1.1 The ancient building plan of (hind) limbs. Eusthenopteron is a lobe-finned fish, Ichthyostega is a *fishapod*, comparable to Acanthostega (Fig. 1.2) From [81] and Hogervorst T, Bouma HW,

de Vos J. Evolution of the hip and pelvis. Acta Orthop Suppl. 2009 Aug;80(336):1–39. Reprinted with permission from Informa Healthcare