

FAI: Condition Information

Body Part

Hip

Condition:

Femoroacetabular Impingement

Summary

Femoroacetabular impingement (FAI) can be a cause of hip, groin, buttock and even referred pain further down the leg. As the name suggests, this condition causes a pinching to occur in the hip joint with particular movements. The issue can arise from the shape of the femoral head (ball part of the joint) known as cam impingement, the acetabulum (socket part of the joint) known as pincer impingement, or a combination of both known as mixed impingement. To be diagnosed with FAI an individual must have pain symptoms associated with FAI, positive imaging findings, and signs of FAI such as positive impingement tests, poor function and reduced range of motion on the affected leg.

Symptoms:

FAI often presents as anterior hip and/or groin pain, there may also be associated lower back and buttock pain, as well as referred pain down the thigh. Pain will usually have a gradual onset. It is common for pain to be aggravated by flexion of the hip - such as when sitting, bending forward, going up steps, or playing sports that involve flexion and rotation such as hockey, tennis or football. FAI is most common in adolescents and adults, not children.

Treatment:

Treatment for FAI can be variable, depending on the impairments found on assessment for that particular individual. This may involve strengthening weakened muscle groups (often the hip adductors, abductors and extensors), altering activities and movement patterns to reduce discomfort and pain. It is important for the individual to understand this condition, and how they can best manage their symptoms.

Every individual with FAI should attempt conservative management for at least 12 weeks before being referred for a surgical opinion. If this is the shared decision of the individual and all

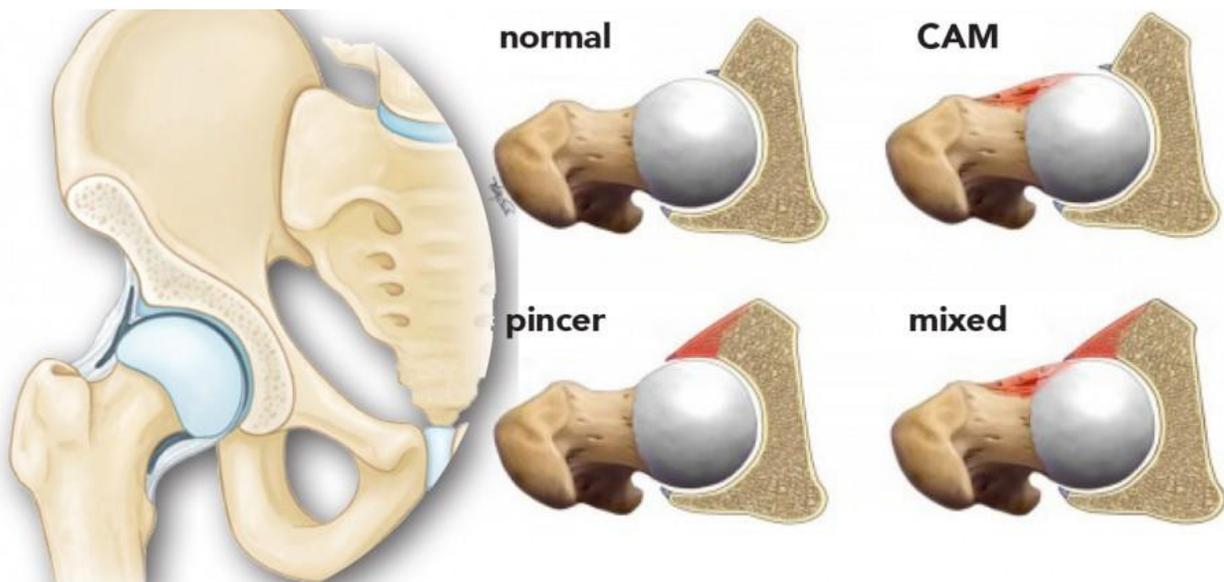
healthcare professionals involved, the individual should ensure they are realistic about the recovery period and their likelihood of return to sport/activity.

Prognosis:

With the correct education on FAI, how to adapt movement and loading through the affected hip, and a tailored rehabilitation program (including strengthening, stretching/range of motion and balance/proprioception exercises), most individuals should see improvement within 12 weeks. If no improvement occurs or symptoms worsen, a referral to an orthopaedic hip specialist should be considered.

Further information:

For further information, please contact our friendly team at Gen Health.



Picture Link: <https://www.cnos.net/resources/femoroacetabular-impingement-fai>