



Arthroscopic Surgery of the Hip

Bedminster Orthopaedics & Sports Medicine is proud to provide patients with advanced hip arthroscopic procedures. If you are considering surgery to restore the function of your hip, you should discuss arthroscopy with your doctor.



What is hip arthroscopy?

Hip arthroscopy is performed by making just a few small incisions and inserting a camera attached to an arthroscope to view the inside of the joint. A surgeon performs necessary repairs by inserting surgical tools through 2-3 small incisions. Like all arthroscopic procedures, hip arthroscopy is a minimally invasive procedure that helps facilitate a successful recovery. It is done as an outpatient procedure, which means patients can go home the same day.

Is it right for me?

Hip arthroscopy can be used to repair damage caused by several different injuries and illnesses that result in pain and stiffness in the hip that limits the ability to move and walk freely.

Common conditions treated by hip arthroscopy

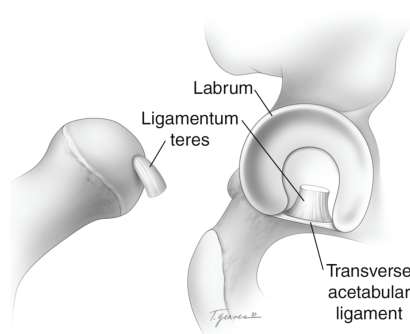
- Labral tears
- Femoroacetabular Impingement (FAI)
- Cartilage Injuries
- Loose Bodies

About Labral Tears

The labrum is a rim of tissue around the edge of the hip socket. It provides stability to the hip and protects the articular cartilage of the hip. The labrum may be damaged by a traumatic injury or by repetitive wear and tear from impingement.

About FAI

FAI is a developmental abnormality when extra bone by the ball and socket of the hip joint cause labral and cartilage damage to the hip joint. While the exact cause of FAI is unknown, it is associated with cartilage damage, labral tears, early hip arthritis, hyperlaxity, sports hernias and low back pain. FAI is common in high-level athletes and active individuals.



Hip Arthroscopy & Arthritis

Does FAI cause arthritis?

While there has been no clear cause and effect link between FAI and hip arthritis, these problems are closely associated with one another.

Will hip arthroscopy prevent the progression of arthritis?

Early research is very promising, but time and more research is needed to prove that surgery will prevent the progression of hip arthritis and the possibility of needing a hip replacement.

About the Hip

There are two compartments of the hip that the physician works on during a hip arthroscopy procedure: the central compartment and the peripheral compartment.



Central compartment:

The central compartment includes the ball (femoral head) and the socket (acetabulum) and the soft tissues of the hip. Using arthroscopy to treat disorders affecting the cartilage and labrum are performed on the central compartment.

Peripheral compartment:

The peripheral compartment includes the remainder of the hip joint, along the junction of the femoral head (ball) and femoral neck. Disorders that affect this area include bone spurs, loose bodies and injuries to the joint capsule.

Why choose Bedminster Orthopaedics & Sports Medicine?

Whether you are still considering all of your treatment options, or you have already decided to undergo hip arthroscopy, it is important to understand your physician's approach to your surgery. Bedminster Orthopaedics & Sports Medicine is a leading practice for arthroscopic surgery of the hip.

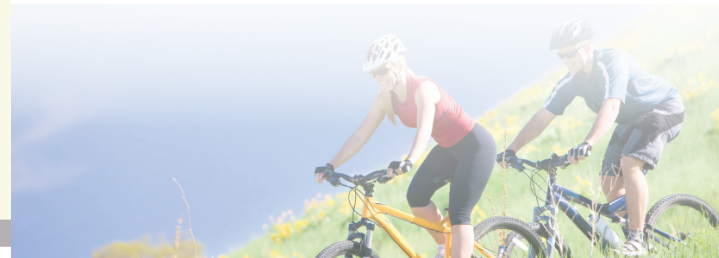
Are You Considering Arthroscopic Hip Surgery?

Schedule a consultation with Dr. Hunt

1590 Route 206 North
Bedminster, NJ 07921

Tel: 908-234-2002

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ORTHOPAEDICS
& SPORTS MEDICINE | Dr. D'Agostini and Dr. Hunt



Stephen A. Hunt, M.D. *A Leader in Hip Arthroscopy*

During his fellowship, Dr. Hunt received training in hip arthroscopy at the prestigious Steadman Hawkins Clinic (Vail, CO) under the instruction of Dr. Marc J. Philippon. Dr. Philippon is internationally renowned as an expert and leader in arthroscopic hip surgery. Now recently renamed the Steadman Clinic, this institution is internationally recognized for its excellence in treating sports injuries of the shoulder, knee, and hip, including the hip injuries in professional athletes. Dr. Hunt has brought this expertise to central New Jersey to provide excellence in sports medicine orthopaedic care. During his career, he has participated in the care of the New York Mets, the Denver Broncos, the United States Ski Team, the Alvin Ailey Dance Company, and Jersey Sky Blue Soccer.

Dr. Hunt and Dr. D'Agostini are both Board Certified by the American Board of Orthopaedic Surgery, and have received certification of added qualification in Orthopaedic Sports Medicine.



Stephen A. Hunt, M.D.

Specialty
General Orthopaedics
Sports Medicine
Hip Arthroscopy

Residency
NYU-Hospital for Joint Diseases

Fellowship
Steadman Hawkins Clinic



Robert J. D'Agostini, M.D.

Specialty
General Orthopaedics
Sports Medicine
Joint Replacement

Residency
Georgetown University

A specialized approach towards Hip Arthroscopy

