

Are Ligamentum Teres Lesions Associated With Poorer Patient Outcomes Following Primary Hip Arthroscopy?

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Introduction

Ligamentum Teres (LT) lesions are associated with **micro instability of the hip**, a painful translational movement of the femoral head, in hip arthroscopy.¹

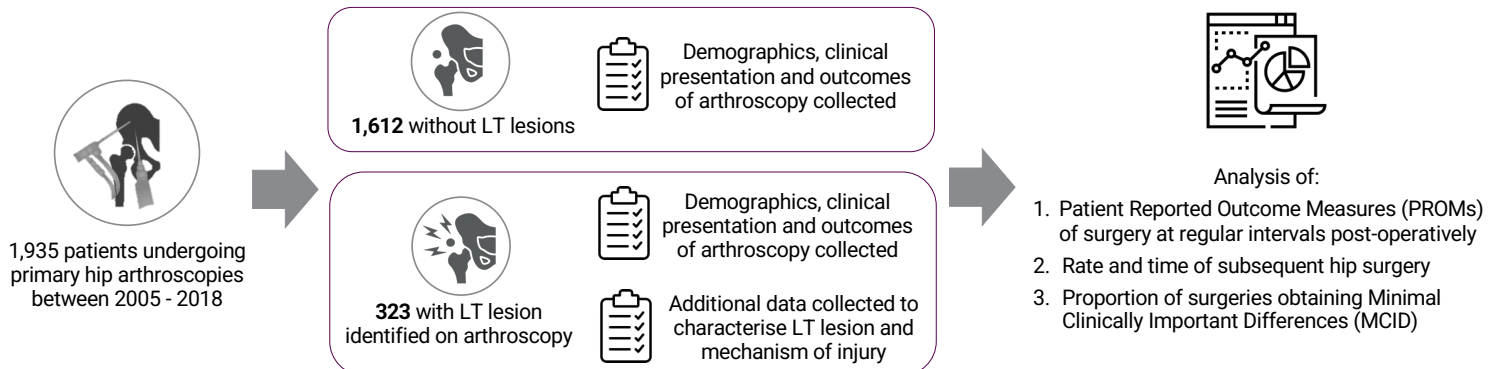
LT pathologies have been reported more frequently in arthroscopy surgical literature in the past decade.

There has been rising interest in the possibility of the LT having a significant role in hip stability, and LT lesions potentially predisposing hips to failure.²

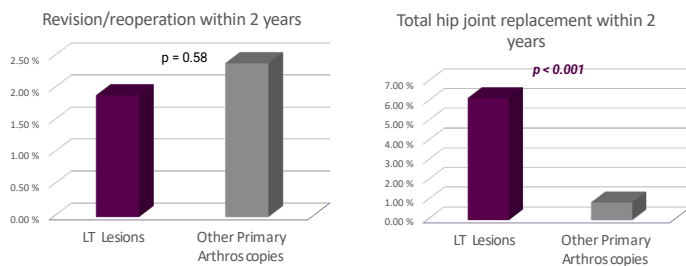
The aim was to compare surgical outcomes of those with and without LT lesions identified in a single surgeon hip arthroscopy cohort.

It was hypothesized that LT lesions are associated with differences in arthroscopic outcomes.

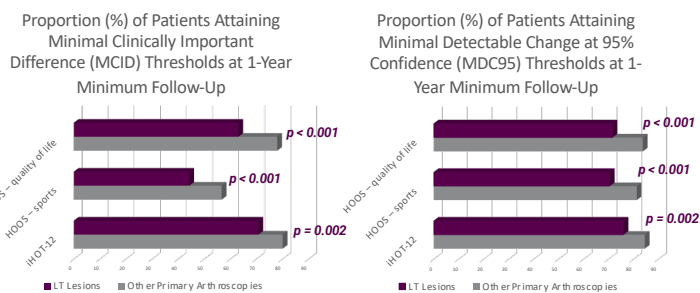
Methods



Results



Patients with surgically identified LT lesions were **more than 7 times more likely** to require conversion to total hip joint replacement within 2 years of surgery.



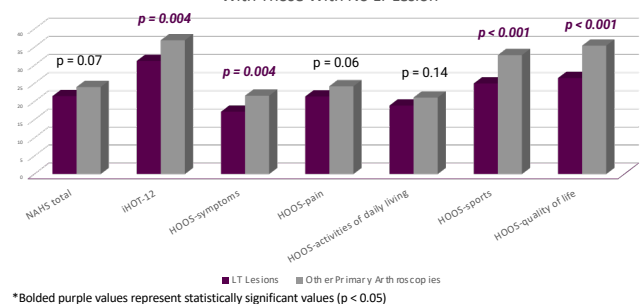
Patients with LT lesions were **less likely to be able to attain MCD95 and MCID thresholds** after surgery in comparison to those without them.

Conclusion

Identification of LT lesions was associated with poorer patient-reported outcomes and increased likelihood of conversion to arthroplasty within 2 years.

These findings suggest a poorer prognosis for patients with LT injury compared with those without.

Difference in Pre- and Post-Operative Patient-Reported Outcomes for Primary Arthroscopies With Surgically Confirmed LT Lesions Compared With Those With No LT Lesion



The overall prognosis for patients with LT lesions was **worse in terms of patient-reported outcomes**, especially for sport-related activities and quality of life.

Discussion

The poorer prognosis may reflect the **detrimental causes or consequences** of LT lesions such as **microinstability** and **early arthritic changes of the hip joint**. It is also possible that LT injury is associated with a **greater degree of trauma**.

Increased rate of hip-replacement surgeries following arthroscopy in those with identified LT lesions was associated with **more significant trauma due to subluxation**.

Future Research Question

Having shown that more patients with LT lesions require total hip joint replacement within 2 years, would primary total hip arthroplasty provide better outcomes than primary hip arthroscopy followed by revisional hip arthroplasty?

References

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2. Maldonado, D. R., Laseter, J. R., Perets, I., Ortiz-Declet, V., Chen, A. W., Lall, A. C., & Domb, B. G. (2019). The effect of complete tearing of the ligamentum teres in patients undergoing primary hip arthroscopy for femoroacetabular impingement and Labral Tears: A match-controlled study. *Arthroscopy: The Journal of Arthroscopic & Related Surgery*, 35(1), 80-88. <https://doi.org/10.1016/j.arthro.2018.07.042>

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