

¡¡DESPUÉS DE LA ARTROSCOPIA ME SIGUE DOLIENDO!! ¿SERÁ UN “POQUITO” INESTABLE MI CADERA?



DAVID SERRANO TOLEDANO
MARTA DEL RÍO ARTEAGA
JUAN RIBERA ZABALBESCOA

UNIDAD DE CADERA
CLINICA COT, SEVILLA
HOSPITAL VIAMED SANTA ÁNGELA DE LA CRUZ, SEVILLA





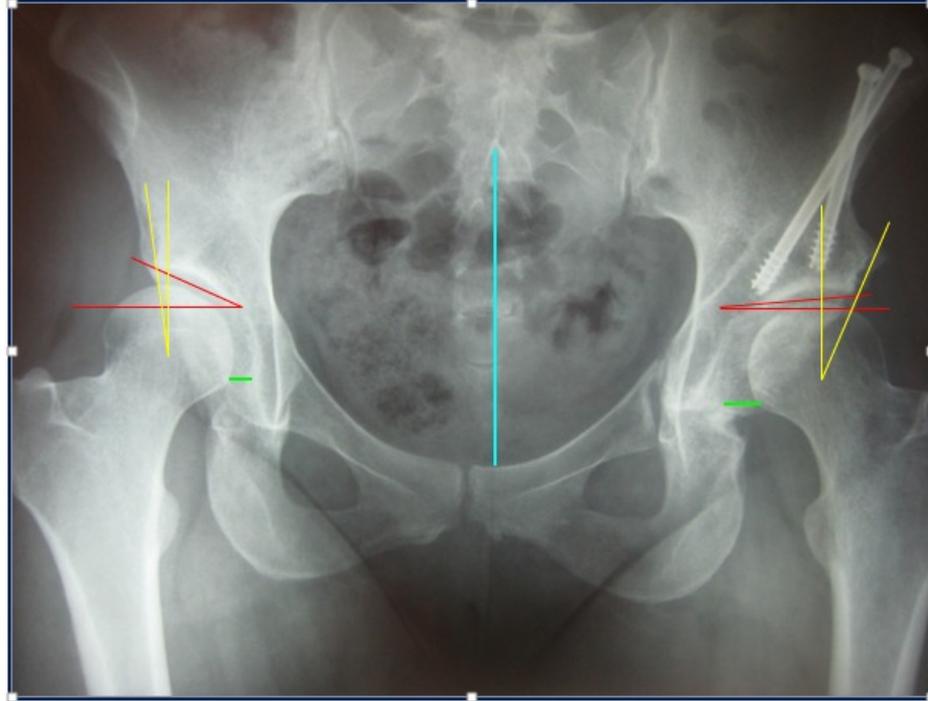
INESTABILIDAD CREADA

INESTABILIDAD DESAPERCIBIDA

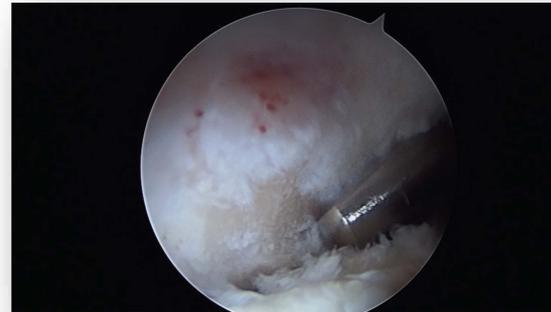
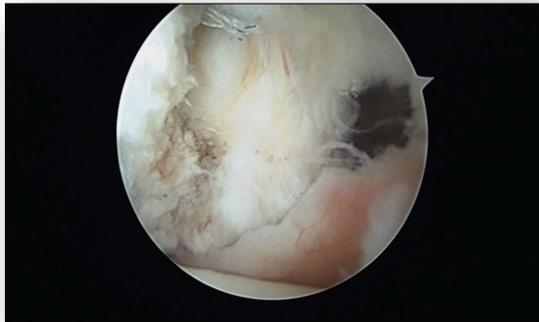
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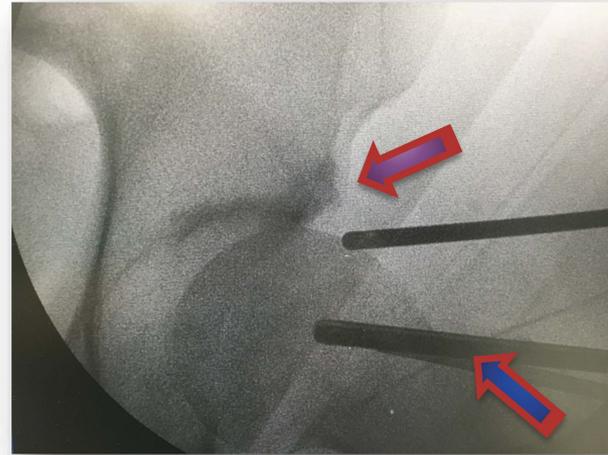
Mujer 26 años



Inestabilidad evidente



Inestabilidad creada



Acetabular



Inestabilidad creada



Femoral



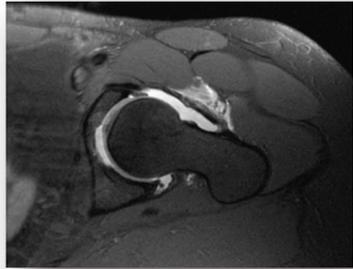
Inestabilidad creada



Capsular

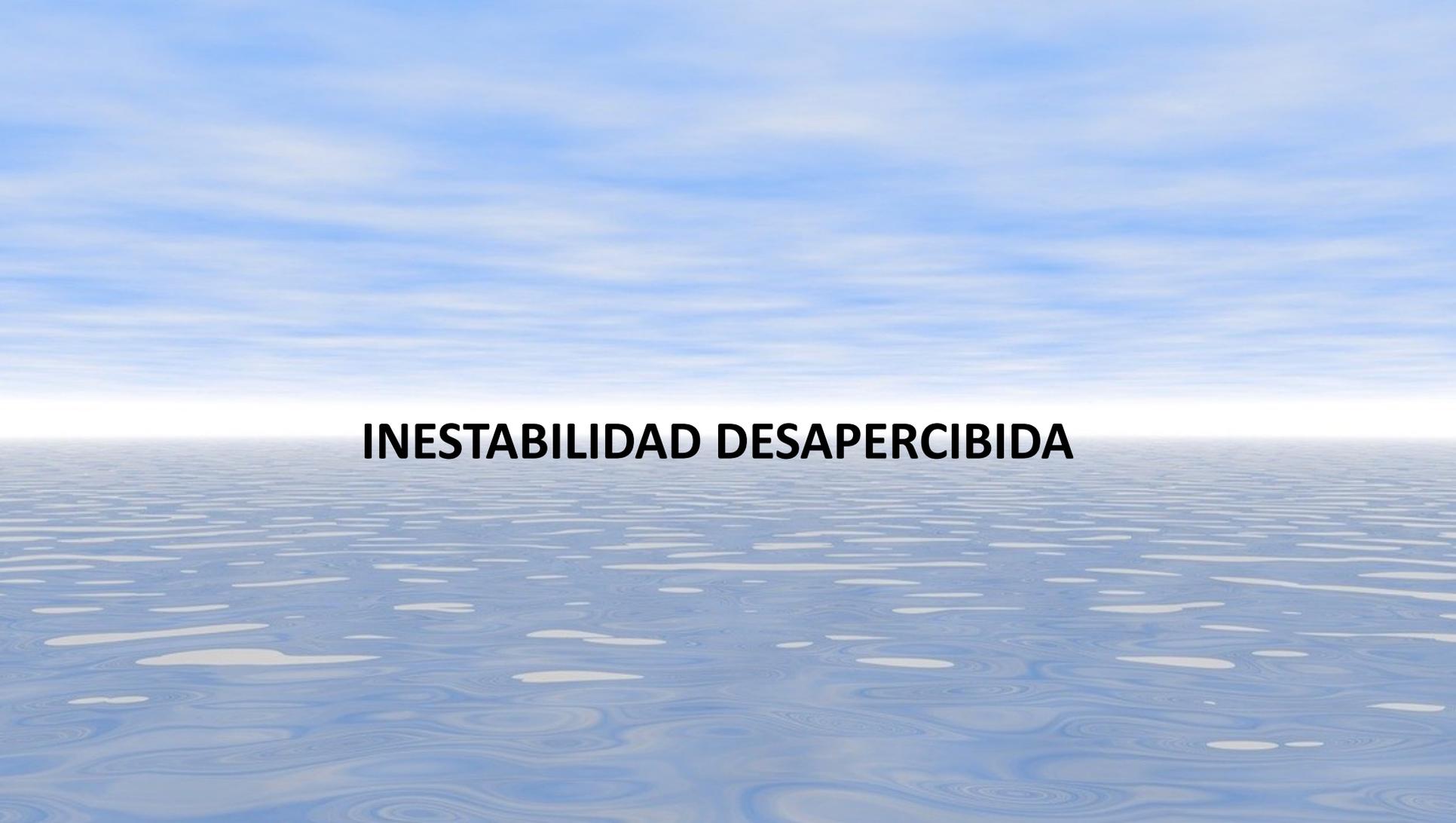


Inestabilidad creada



Multifactorial



The background of the image is a serene landscape. The top half shows a clear blue sky with soft, wispy white clouds. The bottom half shows a body of water with numerous small, concentric ripples, suggesting a gentle breeze or light rain. The horizon line is visible in the middle, where the sky meets the water.

INESTABILIDAD DESAPERCIBIDA

HISTORIA CLINICA



INTERVENID@ HACE 6 MESES



OTRO CENTRO...



NO VA BIEN

**..... y las pruebas convencionales:
en apariencia son normales**



HISTORIA CLINICA

- **Sexo femenino**
- **Enfermedades Tejido Conectivo**
- **Laxitud generalizada**
 - **Criterios de Beighton**



Exploración detallada

❖ Test abducción-hiperextensión-rotación externa (ABD-HEER)



Exploración detallada

❖ Test de Inestabilidad en Decúbito Prono



Exploración detallada

❖ Test de hiperextensión-Rotación Externa (HEER)



Diagnostic Accuracy of 3 Physical Examination Tests in the Assessment of Hip Microinstability

Daniel J. Hoppe,* MD, MEd, FRCSC, Jeremy N. Truntzer,* MD, Lauren M. Shapiro,* MD, Geoffrey D. Abrams,* MD, and Marc R. Safran,*[†] MD

Investigation performed at the Stanford Sports Medicine Clinic, Redwood City, California, USA

3 test positivos: 95% inestabilidad intraoperatoria



Nivel de Evidencia 2



Radiología Convencional



Radiología Convencional



Radiología Convencional

Clin Orthop Relat Res (2017) 475:861–869
DOI 10.1007/s11999-016-5137-0

Clinical Orthopaedics
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CLINICAL RESEARCH

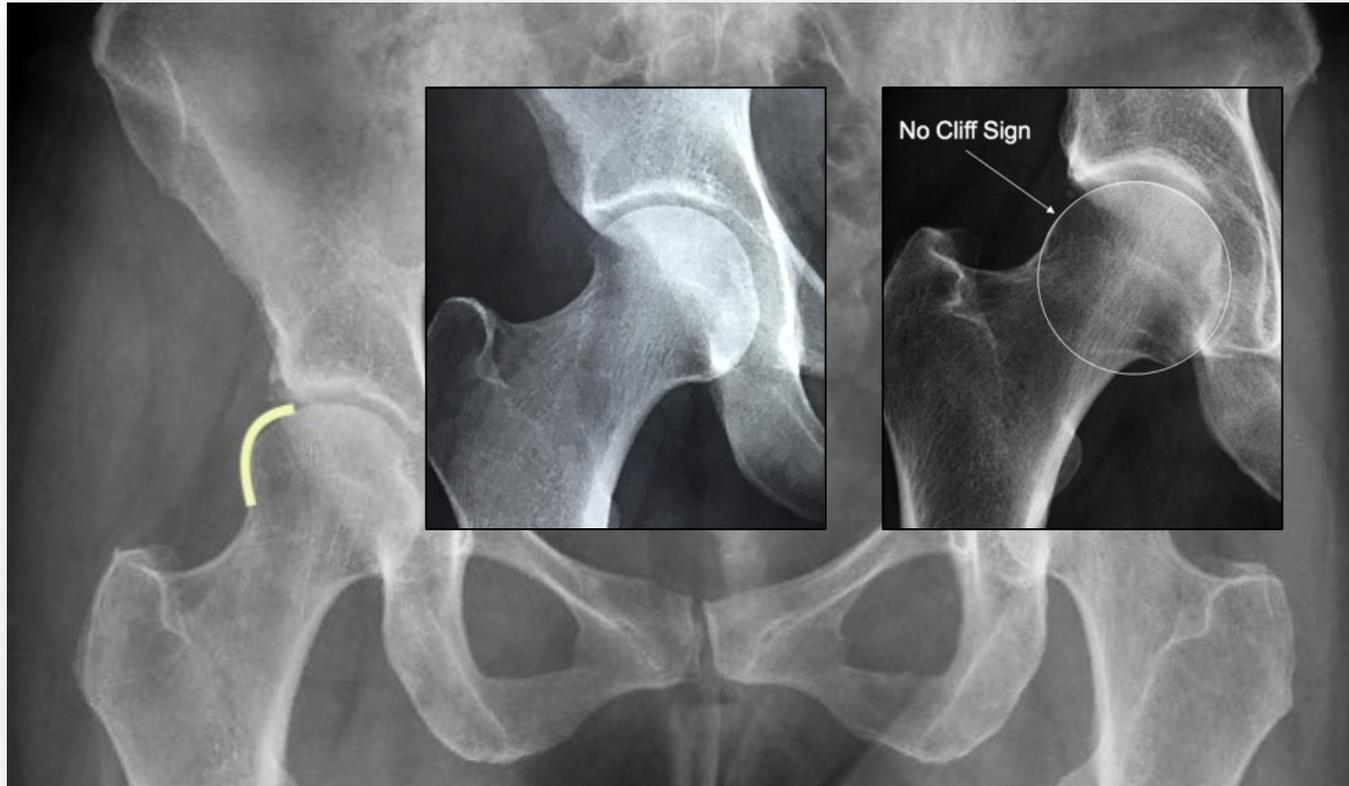
The Femoro-Epiphyseal Acetabular Roof (FEAR) Index: A New Measurement Associated With Instability in Borderline Hip Dysplasia?

**Michael Wyatt FRACS, Jan Weidner MD, Dominik Pfluger PhD,
Martin Beck PD, MD**

2016



Radiología Convencional



Radiología Convencional

The Cliff Sign

A New Radiographic Sign of Hip Instability

Jonathan D. Packer,^{*} MD, James B. Cowan,[†] MD, Brian J. Rebolledo,[‡] MD, Kotaro R. Shibata,[†] MD, PhD, Geoffrey M. Riley,[§] MD, Andrea K. Finlay,[†] PhD, and Marc R. Safran,^{†||} MD

The Orthopaedic Journal of Sports Medicine

2018



Pruebas complementarias

Skeletal Radiology (2020) 49:1903–1919
<https://doi.org/10.1007/s00256-020-03516-7>

REVIEW ARTICLE



Microinstability of the hip: a systematic review of the imaging findings

Rebecca M Woodward^{1,2} · Renuka M Vesey¹  · Catherine J Bacon^{1,3} · Steve G White^{4,5} · Matthew J Brick³ · Donna G Blankenbaker⁶

Received: 26 February 2020 / Revised: 31 May 2020 / Accepted: 10 June 2020 / Published online: 25 June 2020
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Microinstability is a clinical diagnosis that radiologists should be aware of. This review describes imaging findings reported to be associated with, but not diagnostic of, microinstability. There is an overlap between symptomatic

Causas

Knee Surgery, Sports Traumatology, Arthroscopy
<https://doi.org/10.1007/s00167-022-06976-7>

HIP



Hip microinstability diagnosis and management: a systematic review

Dan Cohen¹ · Pierre-Olivier Jean¹ · Milin Patel² · Neveadan Aravinthan² · Nicole Simunovic¹ · Andrew Duong¹ · Marc R. Safran⁴ · Vikas Khanduja⁵ · Olufemi R. Ayeni^{1,3} 

Received: 10 February 2022 / Accepted: 29 March 2022

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1 – IATROGÉNICA
2 – LAXITUD PARTES BLANDAS
3 – LIGAMENTO REDONDO



SOSPECHARLA

INESTABILIDAD

NO OCASIONARLA

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