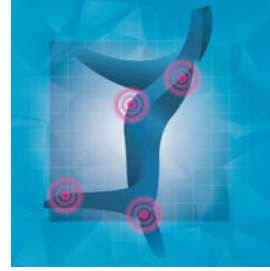


Le conflit fémoro-acétabulaire

Dr Pierrick DIJOUX
DIU Arthroscopie
Limoges 2021



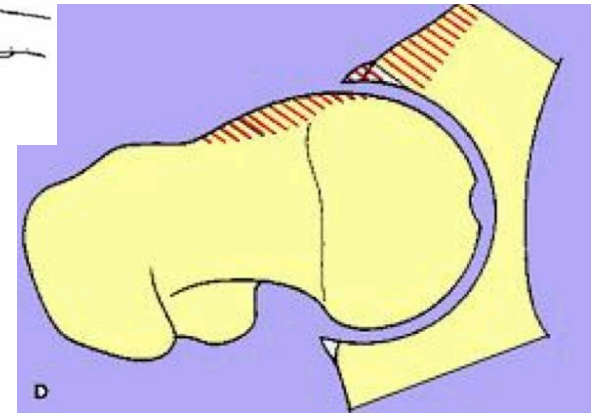
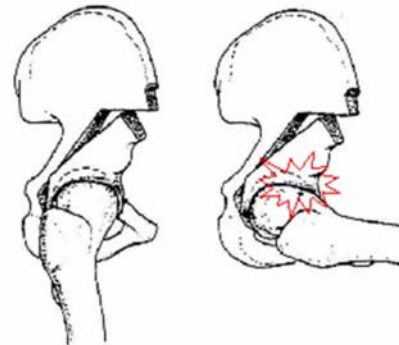
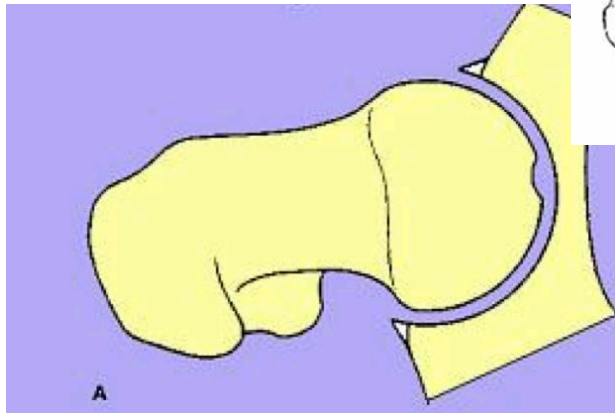
Conflit fémoro-acétabulaire



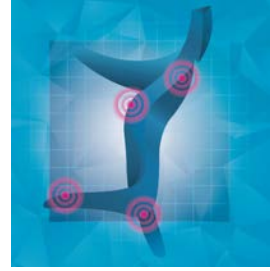
Une cause fréquente et méconnue de **douleur** de hanche chez l'athlète

Démembrement récent (Ganz 2003)

Femoroacetabular impingement: a cause for osteoarthritis of the hip , CORR, 2003, Ganz



Conflit fémoro-acétabulaire



Importante cause de PTH chez le sujet jeune (si Came+pince)

37% de risque de PTH versus 9% pop générale

Outcome of Surgical Treatment of Hip Femoroacetabular Impingement Patients with Radiographic Osteoarthritis: A Meta-analysis of Prospective Studies, J Am Acad Orthop Surg, 2019, Lei

The John Charnley Award: Redefining the Natural History of Osteoarthritis in Patients With Hip Dysplasia and Impingement , CORR, 2017, Wyles

Epidémiologie

Effet came: entre
23,1% et 54,8%

Pince: 2/3

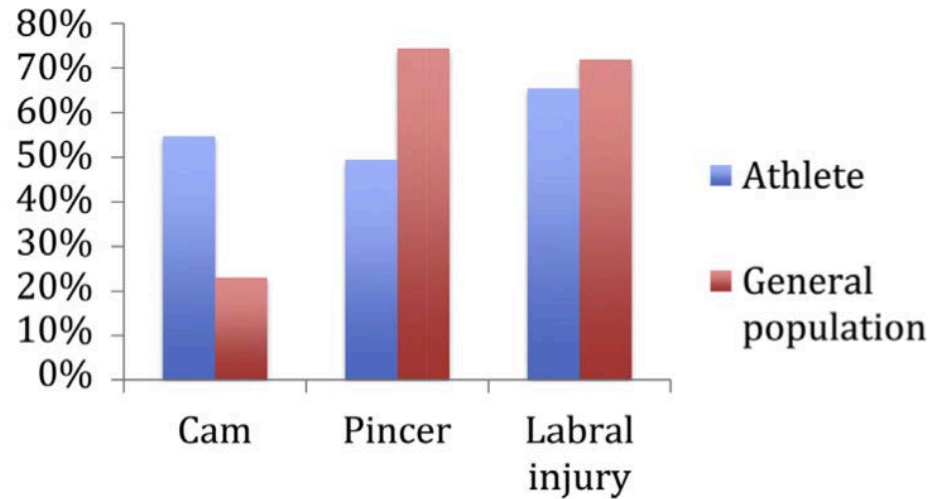


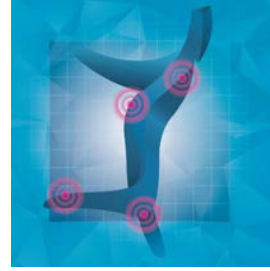
Fig 2. Comparison of prevalence of femoroacetabular impingement (FAI) morphologic characteristics and labral injury between the athletic and general populations.

Prevalence of Femoroacetabular Impingement Imaging Findings in Asymptomatic Volunteers: A Systematic Review , Arthroscopy, 2015, Frank

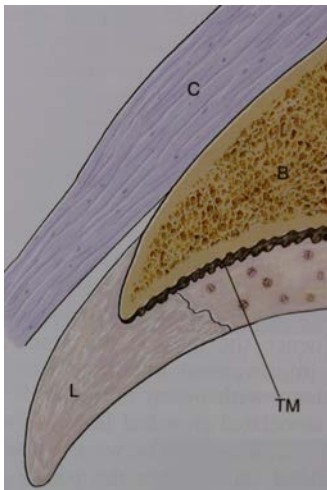
CFA symptomatique: 10%?

Femoroacetabular impingement. A common cause of hip complaints leading to arthrosis. *Unfallchirurg* 2005, Ganz

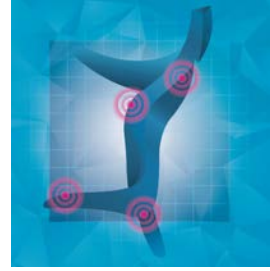
Conflit fémoro-acétabulaire



Effet came



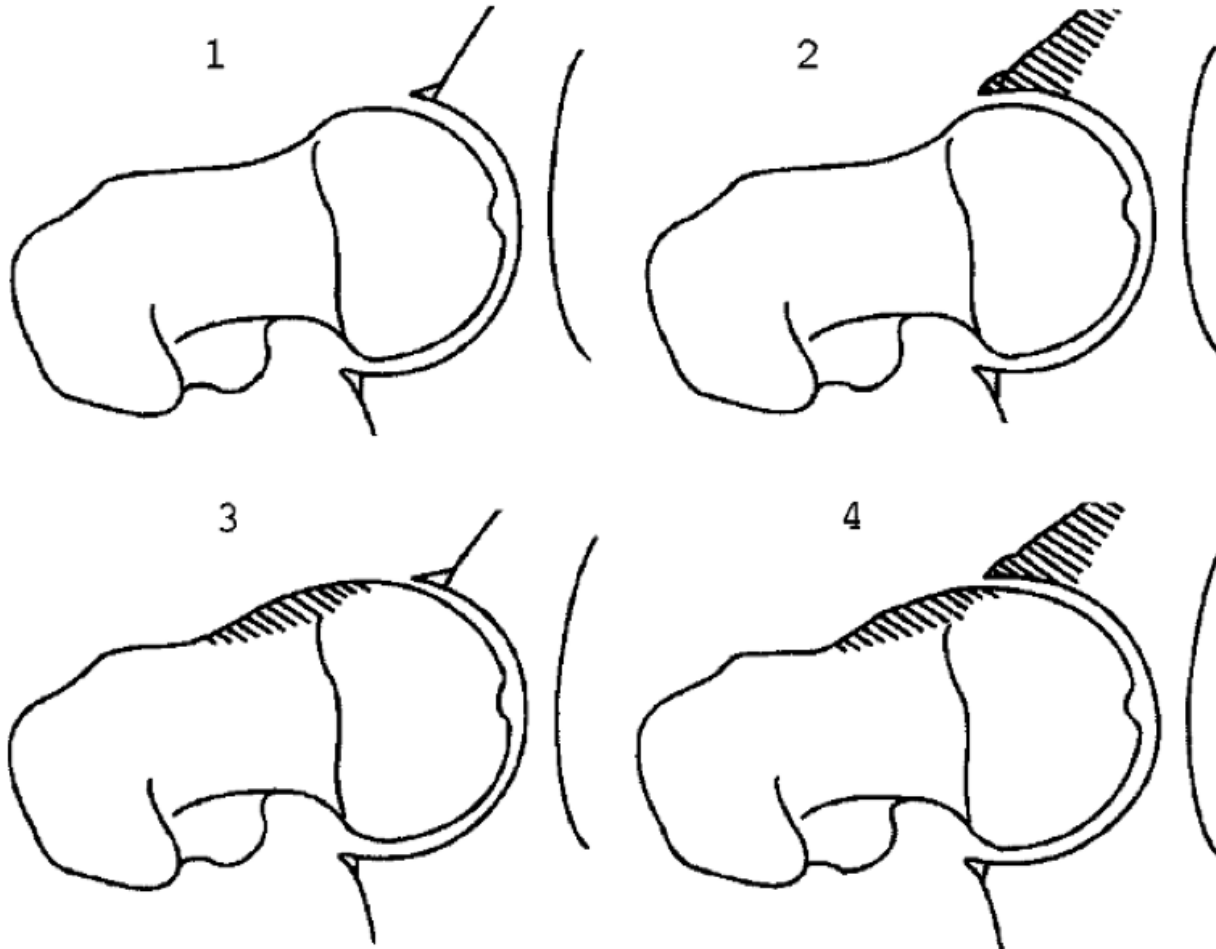
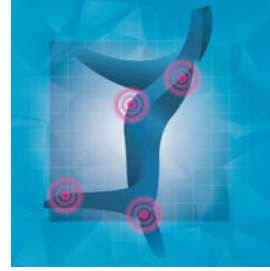
Conflit fémoro-acétabulaire



Effet
pince/ten
aille

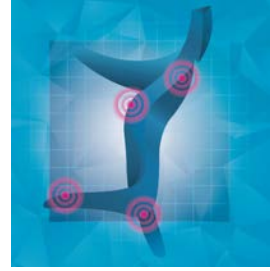


Conflit fémoro-acétabulaire



Femoroacetabular impingement: a cause for osteoarthritis of the hip , CORR, 2003, Ganz

Conflit fémoro-acétabulaire

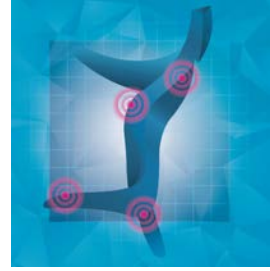


Signes fonctionnels

- Jeunes
- Douleurs inguinales +/- grand trochanter (C sign)
- Sportifs (sports à risque)
- Sièges bas / flexion importante de la hanche ou station assise prolongée
- Marche simple est indolore (limitation pas postérieur)

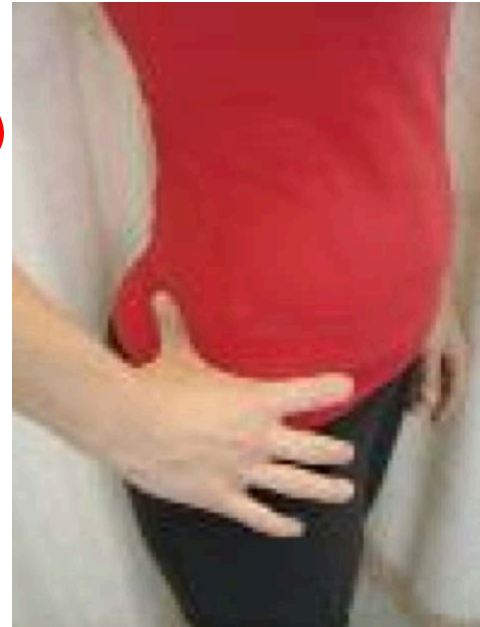


Conflit fémoro-acétabulaire



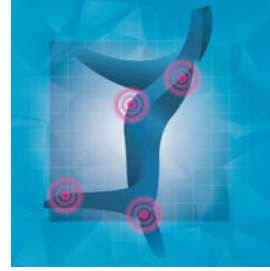
Signes fonctionnels

- Jeunes
- Douleurs inguinales +/- grand trochanter
(C sign)
- Sportifs (sports à risque)
- Sièges bas / flexion importante de la
hanche / station assise prolongée
- Marche simple est indolore (limitation pas
postérieur)



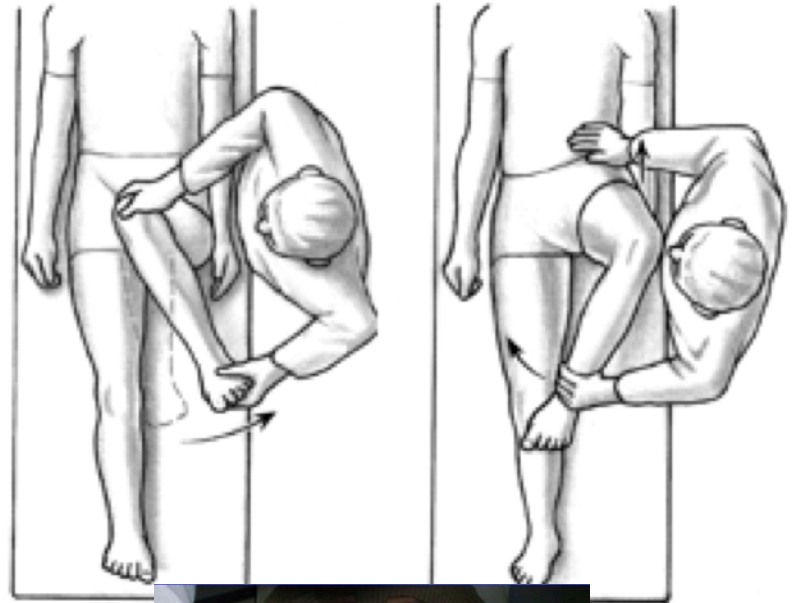
INDISPENSABLES

Conflit fémoro-acétabulaire

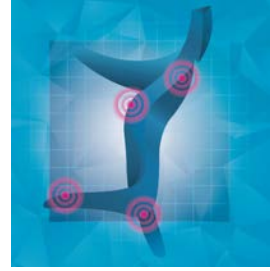


Signes physiques

- FADIR test: douleur en flexion, adduction, rotation interne, hanche à 90° de flexion et adduction
- FABER test: douleur en flexion, abduction et rotation externe, hanche à 90°
- Diminution rotation interne, souvent douloureuse



Conflit fémoro-acétabulaire



Facteurs favorisants

Jeune sportif (effet came)



Femme

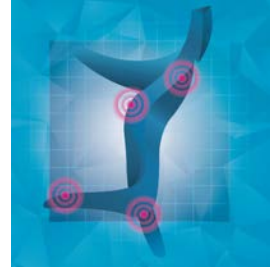
30-40 ans

Danse yoga gym

(Pince)



Conflit fémoro-acétabulaire



Etiologies

Effet came:

-Ostéochondrite tête fémorale

-Fracture du col fémoral

-Epiphysiolyse : 40%

The frequency of sequelae of slipped upper femoral epiphysis in cam-type femoroacetabular impingement. The bone & joint journal, 2014, Murgier J.

-Idiopathique

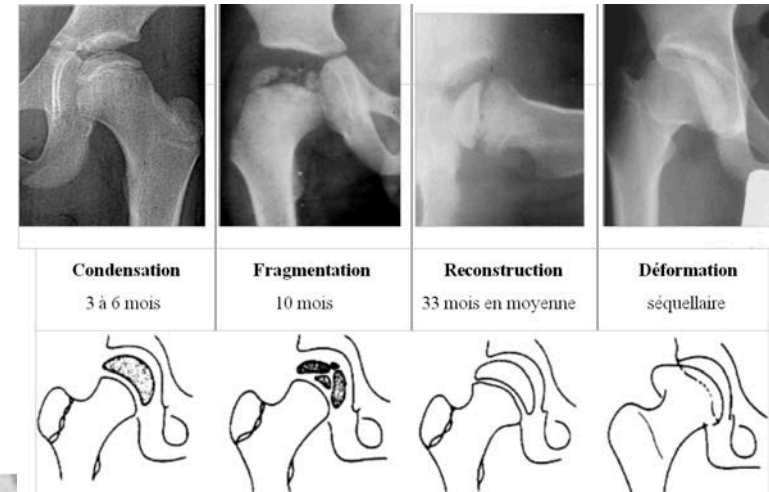
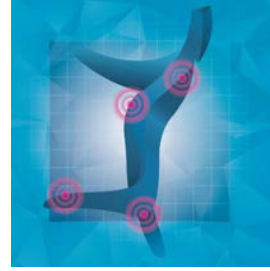


FIGURE 1. Epiphysiolyse de face et de profil.

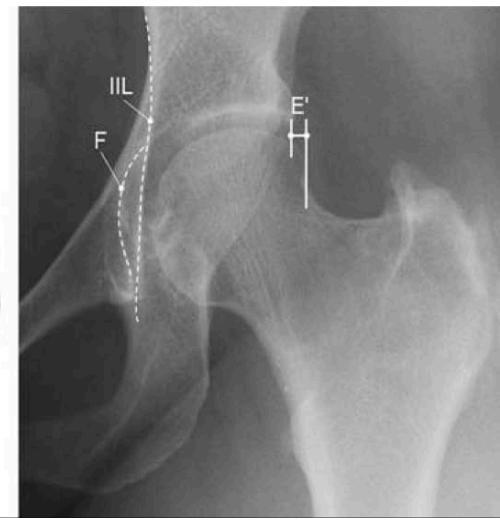
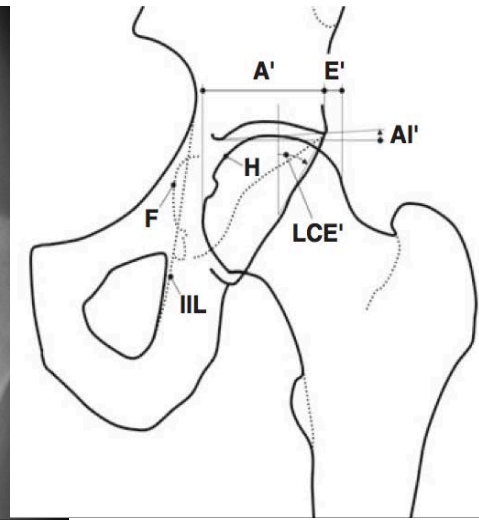
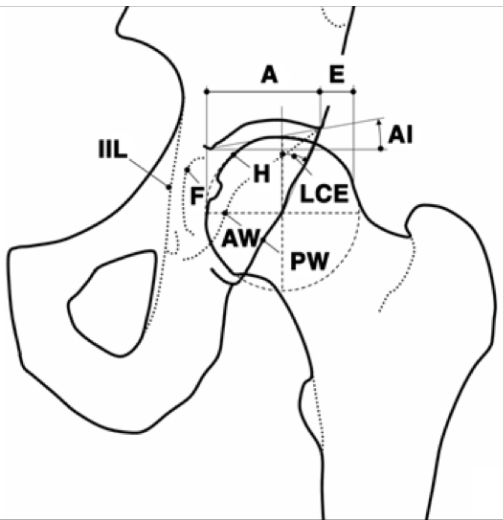
Conflit fémoro-acétabulaire



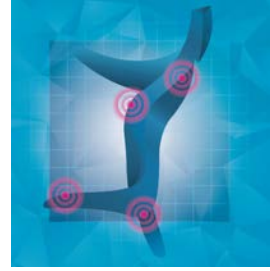
Etiologies

Effet Pince:

-Coxa profunda



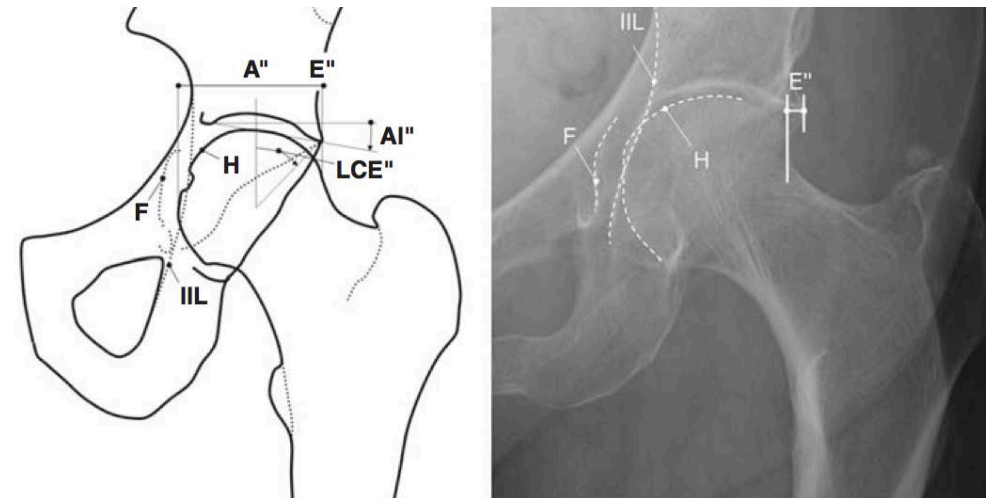
Conflit fémoro-acétabulaire



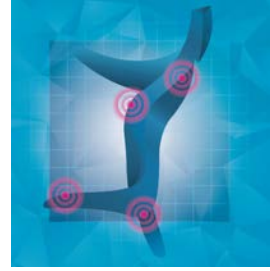
Etiologies

Effet Pince:

-Coxa profunda/ PA: 20% des arthroses ♀



Conflit fémoro-acétabulaire



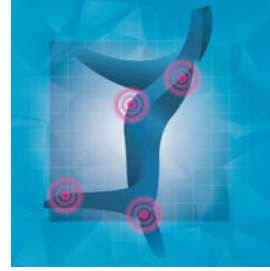
Etiologies

Effet Pince:

-Rétroversion acétabulaire: idiopathique 22% ♂,
Dysplasie, LPC, Post-ostéotomie/trauma

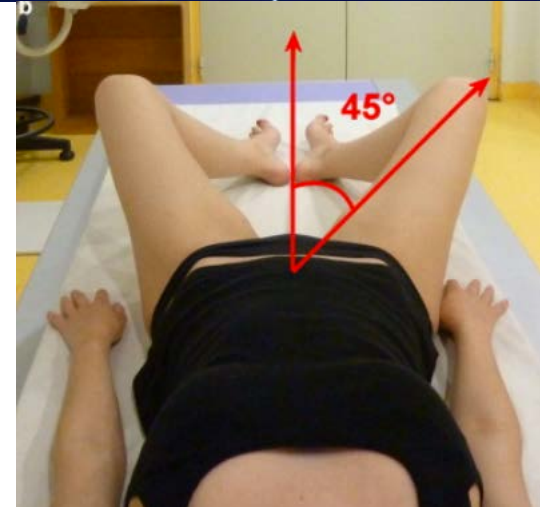
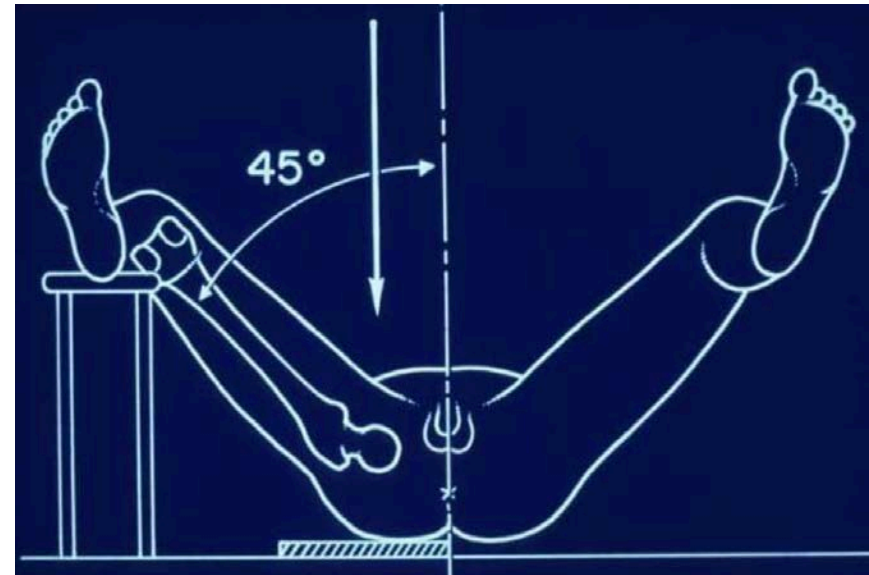


Conflit fémoro-acétabulaire

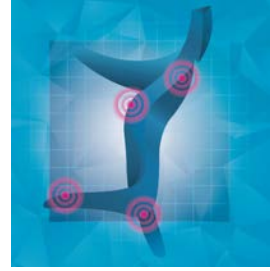


Bilan radiographique

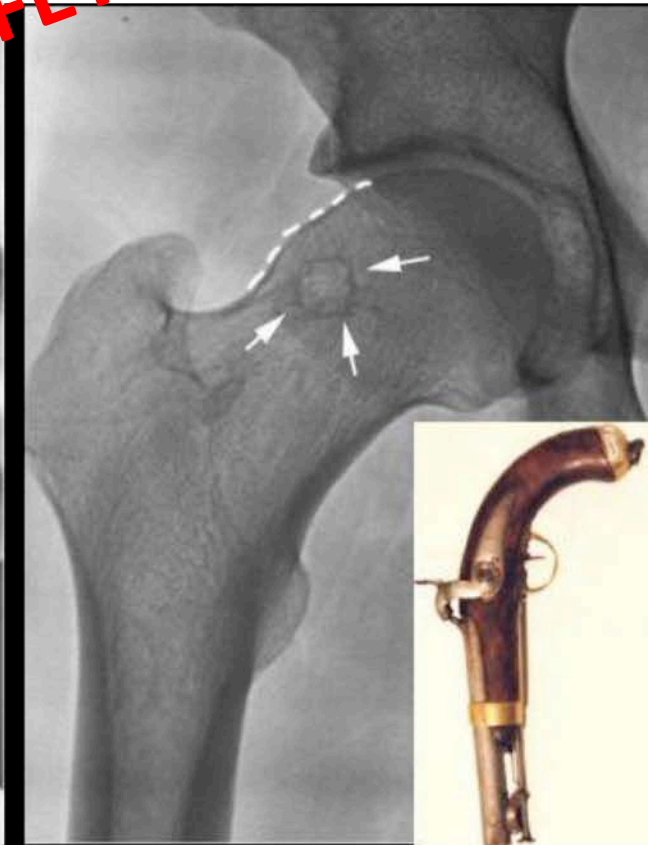
- Indispensable
- Toujours 2 incidences minimum
- Bassin de face
- Hanche atteinte de face et de profil
- Incidence de Dunn ou frog leg



Conflit fémoro-acétabulaire



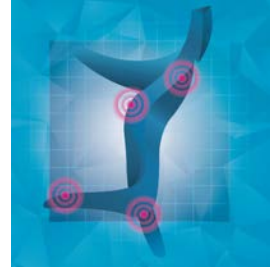
EFFET CAME



Normal

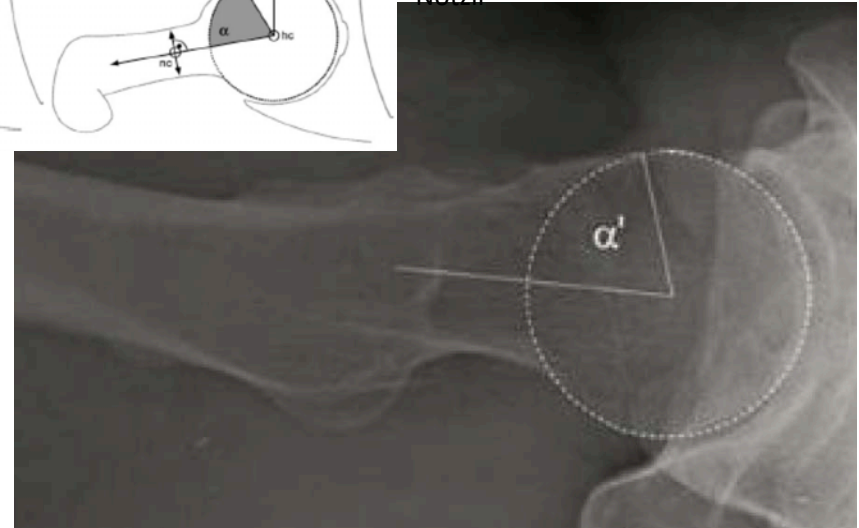
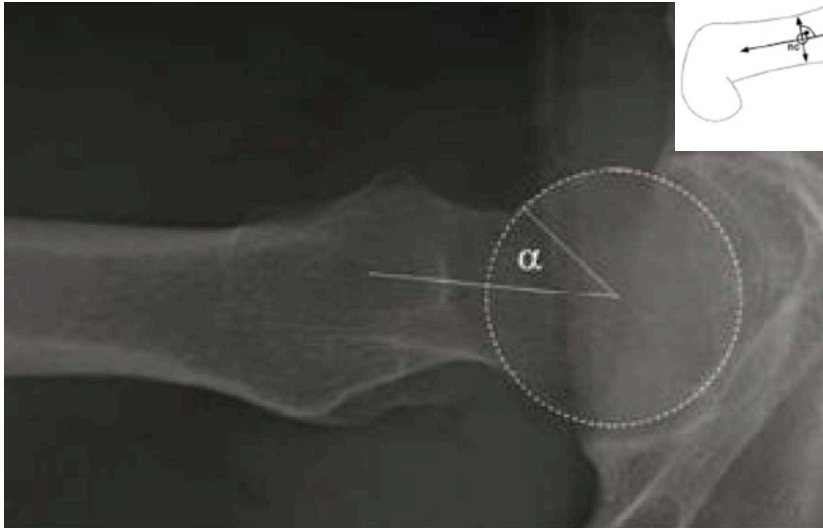
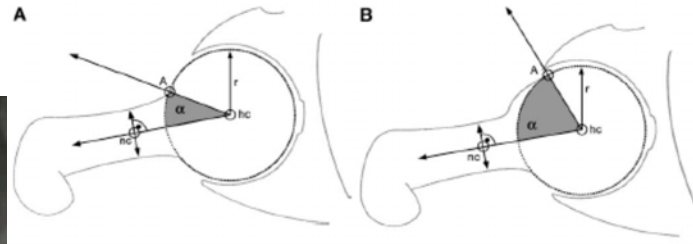
Aspect en crosse de pistolet

Conflit fémoro-acétabulaire

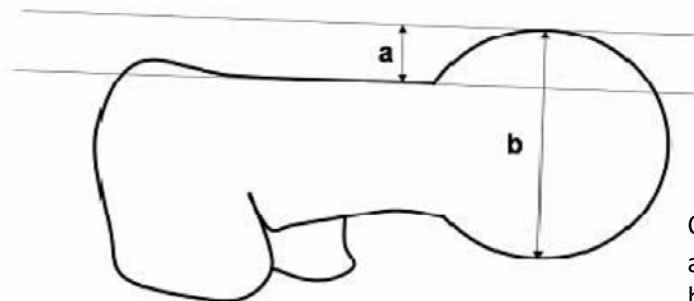


Augmentation de l'angle alpha de Nötzli (normale <math>< 55^\circ</math>)

The contour of the femoral head-neck junction as a predictor for the risk of anterior impingement, JBJS, 2002, Nötzli



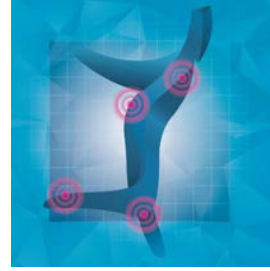
EFFET CAME



Came si $a/b < 0,15$

Cross-table lateral radiographs for screening of anterior femoral head-neck offset in patients with femoro-acetabular impingement. Hip international, 2001, Eijer

Conflit fémoro-acétabulaire



Effet Pince:

-Critères qualités

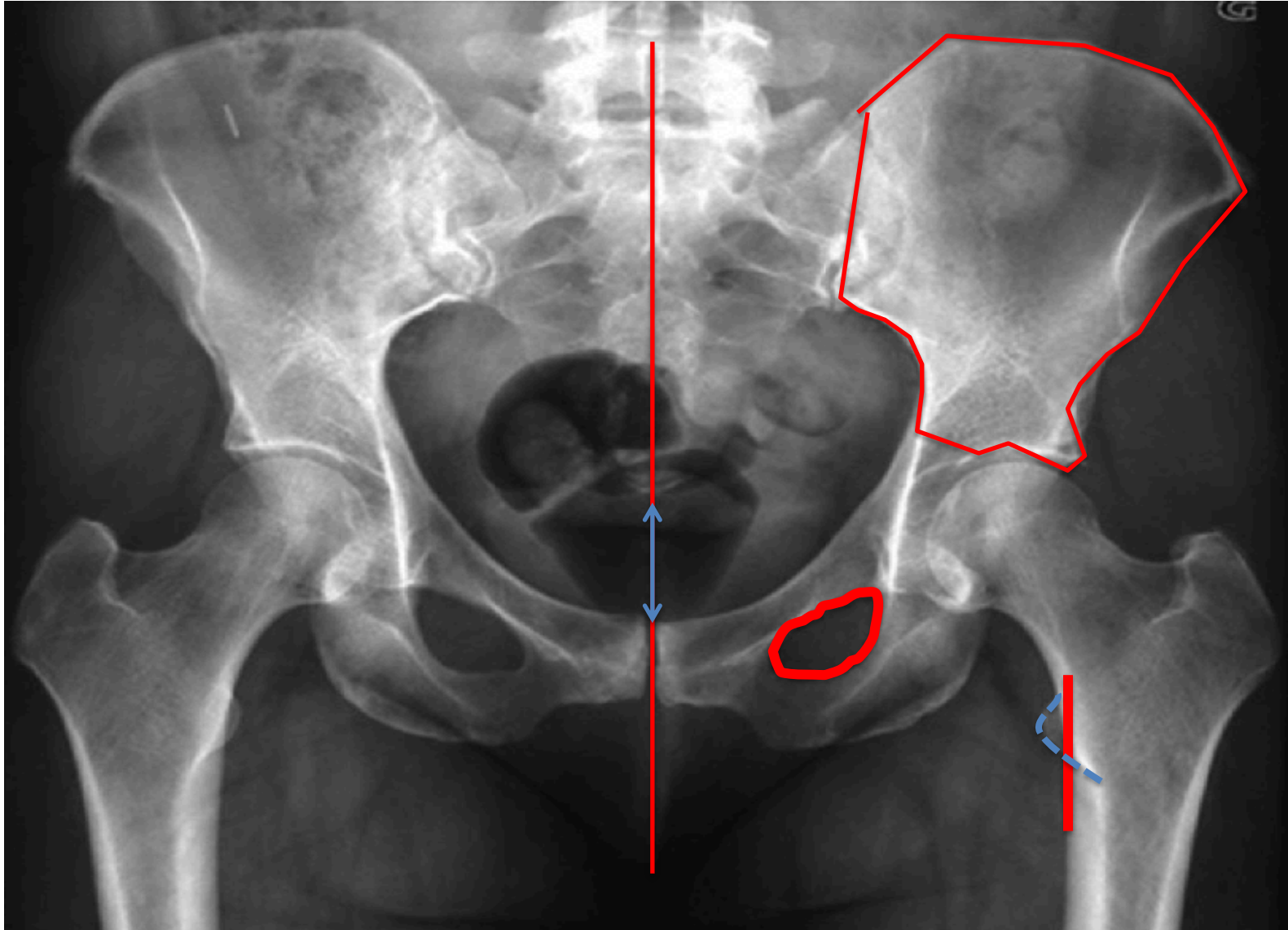
-Rétroversion acétabulaire

▶ Signe du croisement

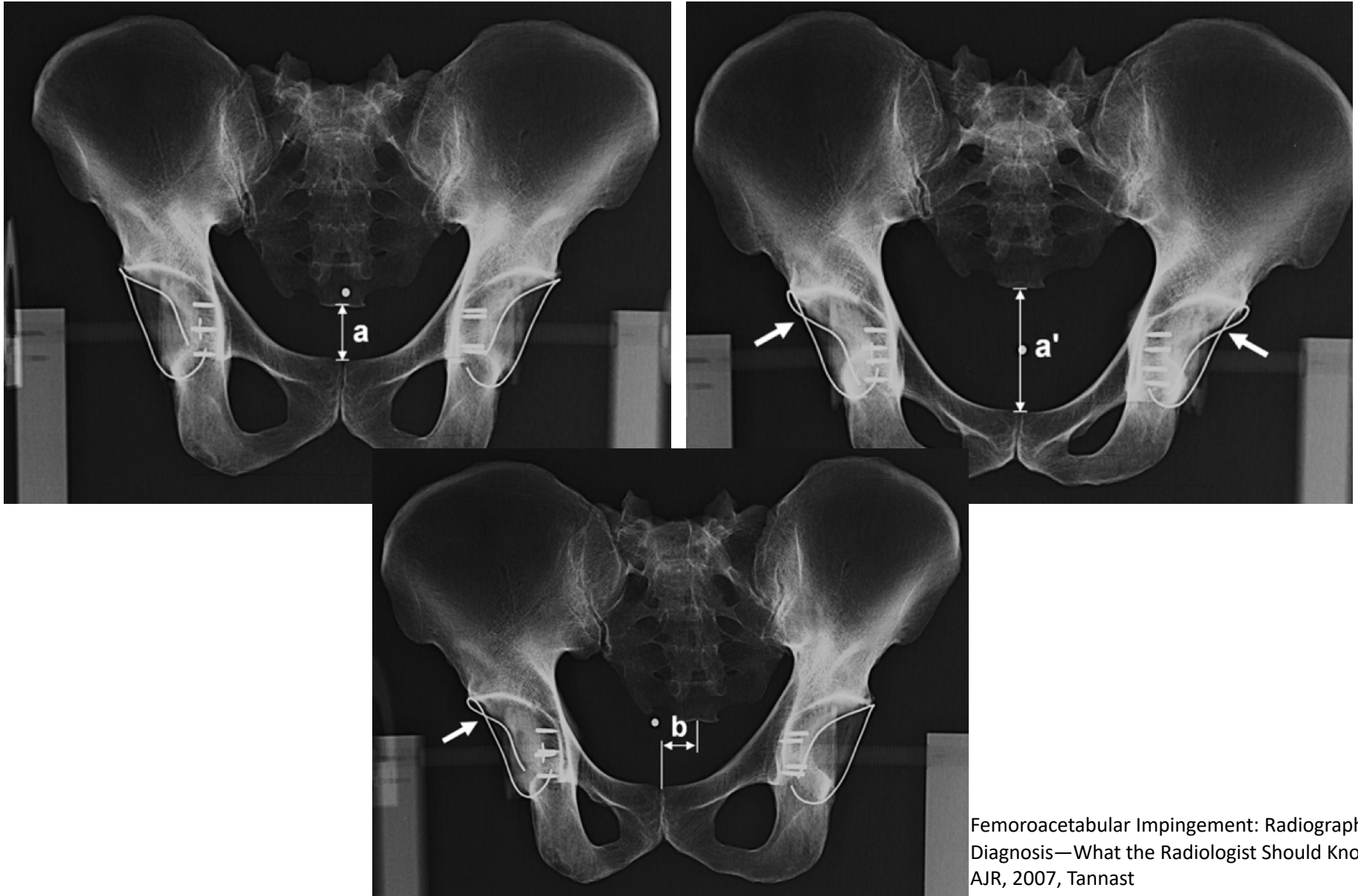
▶ Signe des épines ischiatiques

▶ Médialisation paroi postérieure /centre de rotation de la tête fémorale

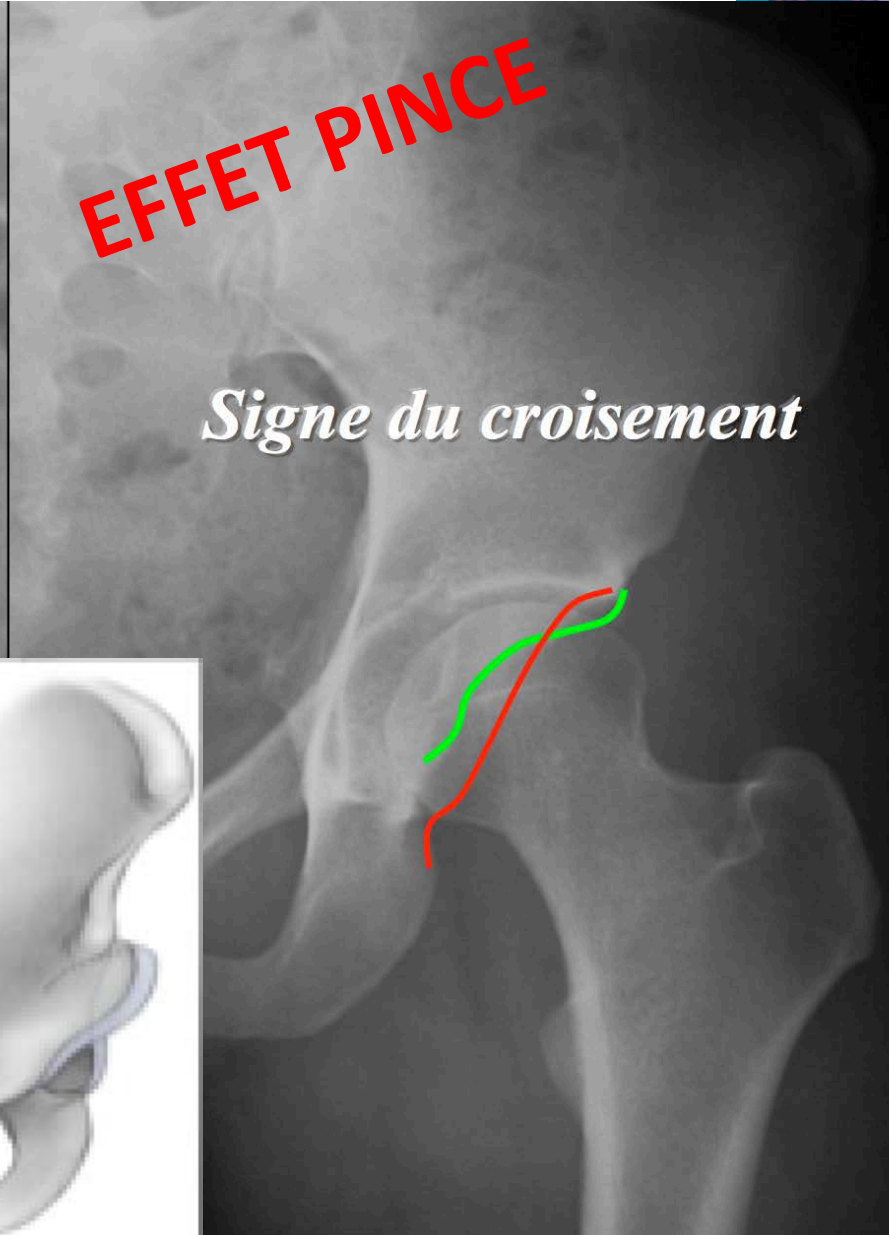
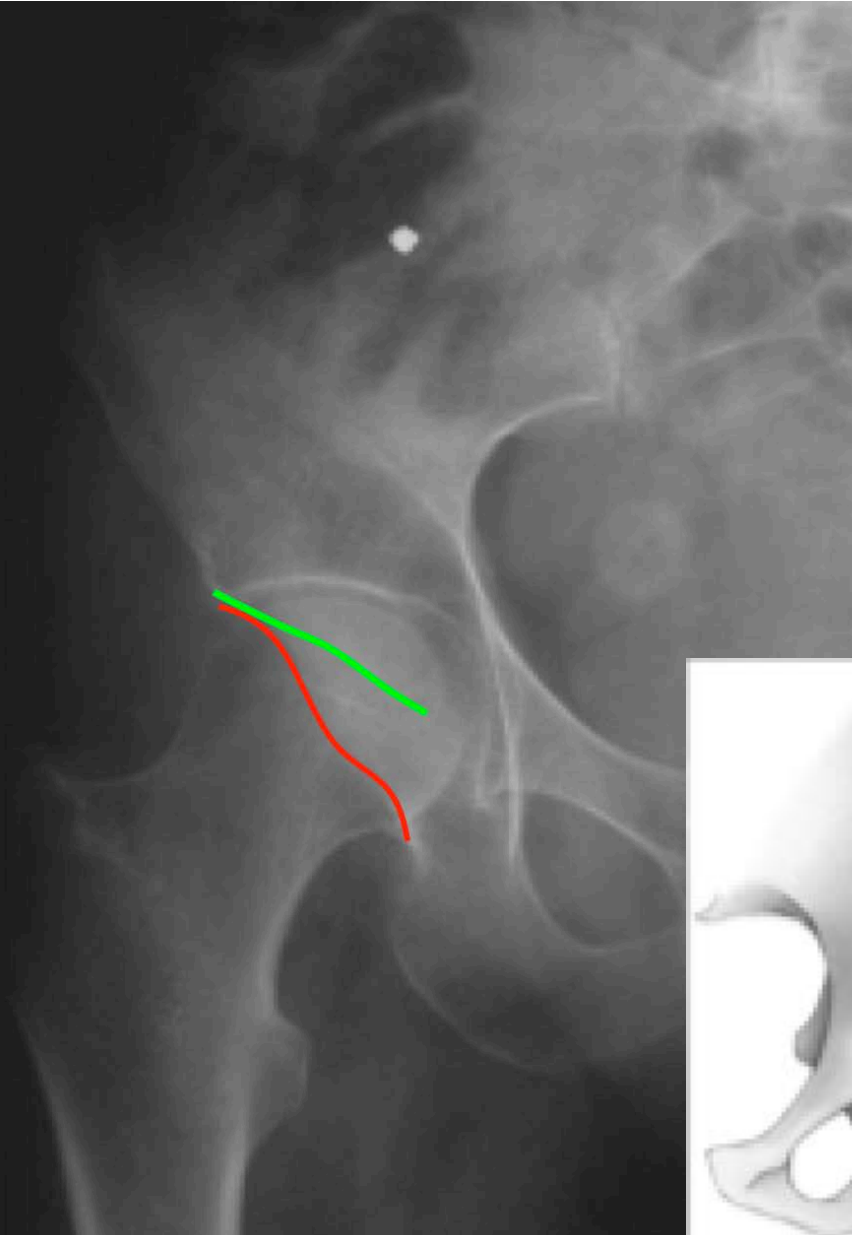
Conflit fémoro-acétabulaire



Conflit fémoro-acétabulaire



Conflit fémoro-acétabulaire



Conflit fémoro-acétabulaire

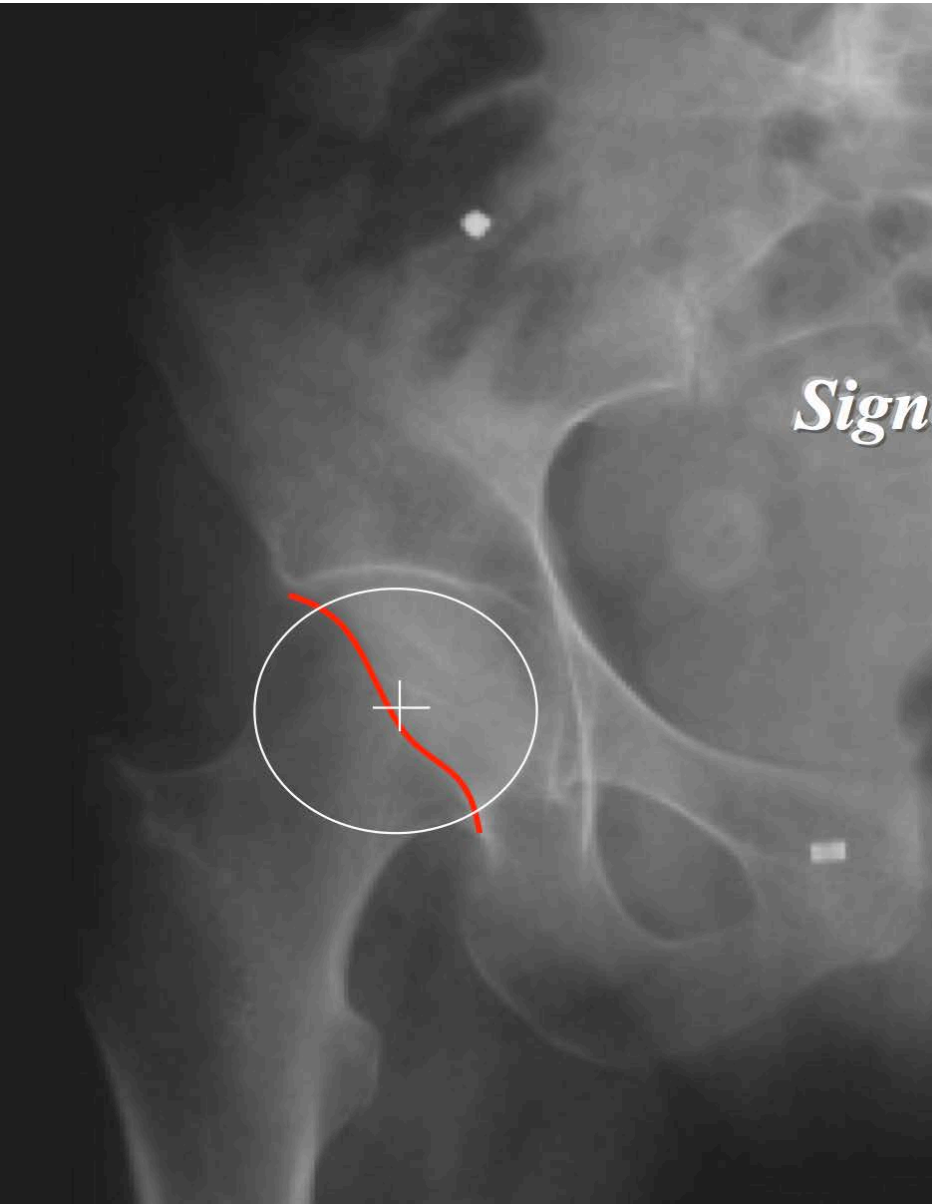
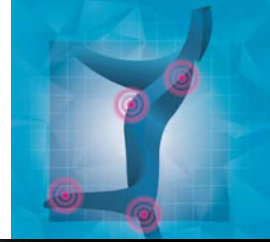


EFFET PINCE

Signe de l'épine ischiatique



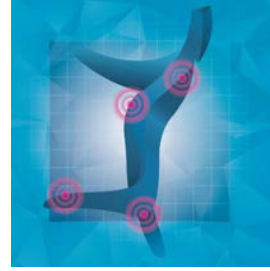
Conflit fémoro-acétabulaire



EFFET PINCE

Signe de la paroi postérieure

Conflit fémoro-acétabulaire



Bilan imagerie en coupes

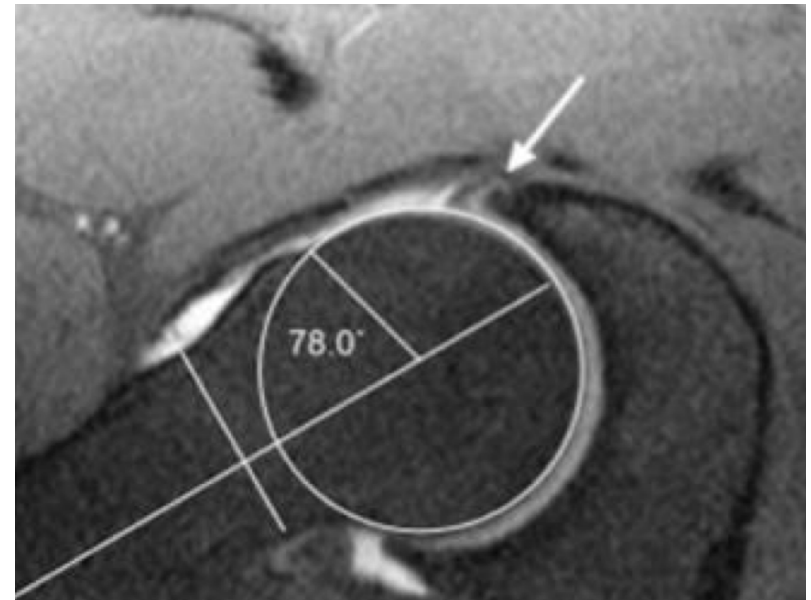
Pas de consensus

Bilan lésionnel complet

Infiltration test

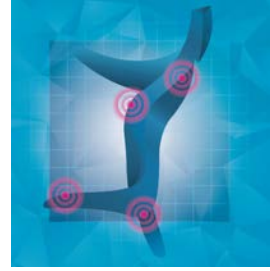
TDM

IRM de hanche: Elimine diagnostique différentiel de douleur de hanche: ostéonécrose de hanche, neuroalgodystrophie: Si doute sur origine articulaire



ARTHRO IRM/ARTHRO TDM

REMARQUES



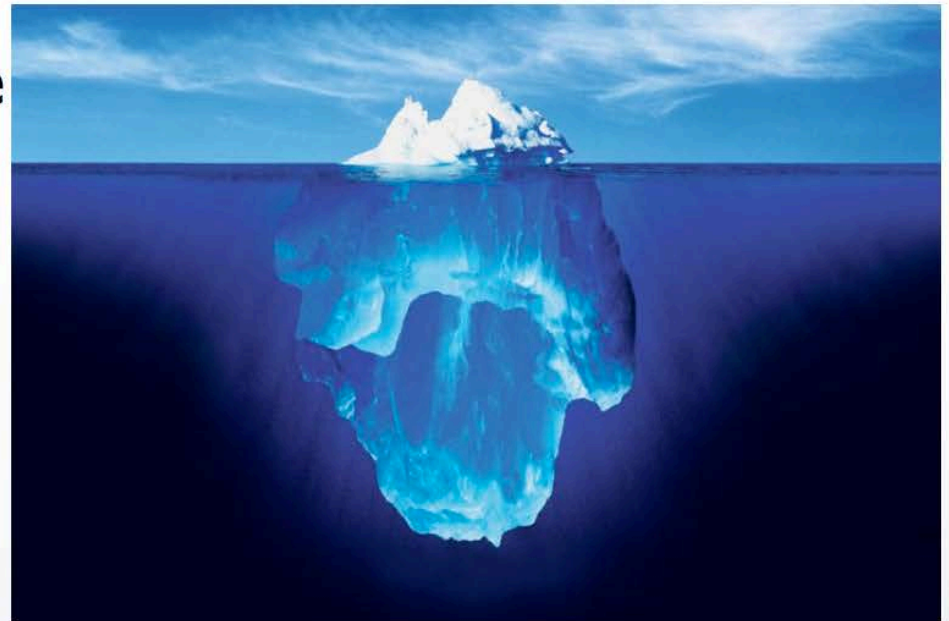
UNIVERSITÉ DE GENÈVE
FACULTÉ DE MÉDECINE



Hôpitaux Universitaires de Genève

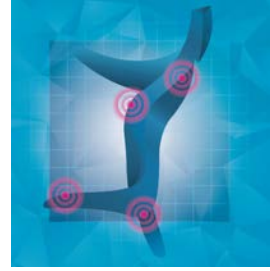
Symptôme

Problème



Christofilopoulos

REMARQUES



CFA « chirurgicaux »

Hip arthroscopy versus best conservative care for the treatment of femoroacetabular impingement syndrome (UK FASHIoN): a multicentre randomised controlled trial, Lancet, 2018, Griffin

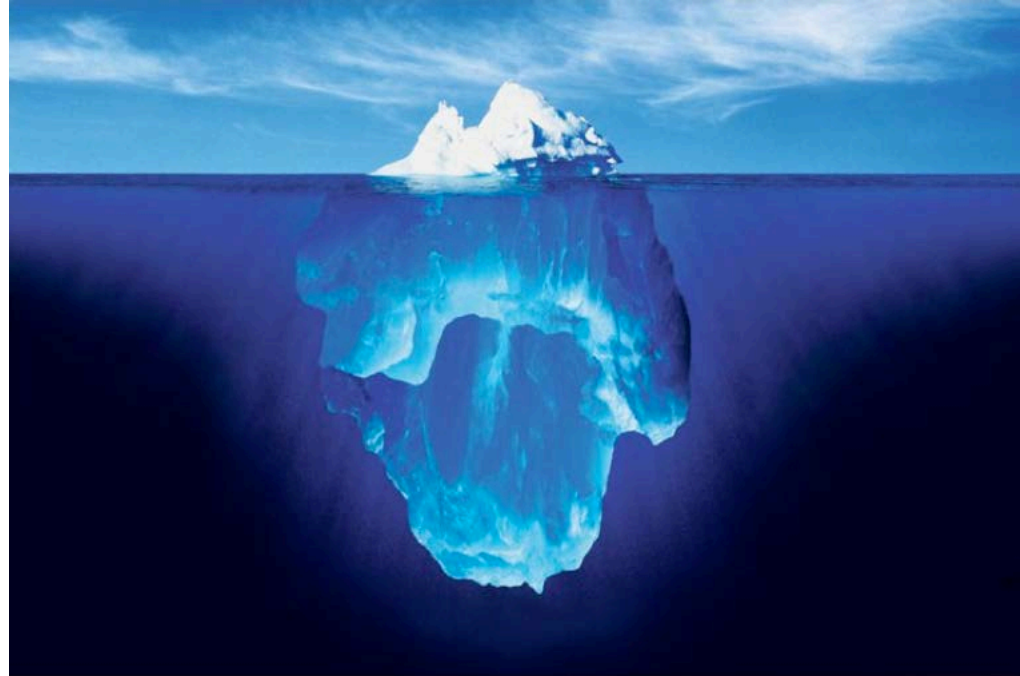
Anomalies anatomiques: Traitement préventif?

Chir NON

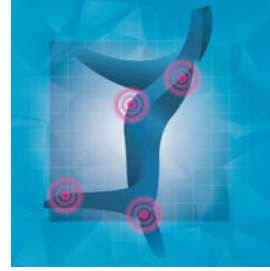
Is Prophylactic Surgery for Femoroacetabular Impingement Indicated? , AJSM, 2013, Collins

Rééducation?

In-vivo Pelvic and Hip Joint Kinematics in Patients with Cam Femoroacetabular Impingement Syndrome: A Dual Fluoroscopy Study , JOR, 2019, Atkins
Physiotherapy as an Initial Treatment Option for Femoroacetabular Impingement: A Systematic Review of the Literature and Meta-analysis of 5 Randomized Controlled Trials , AJSM, 2020, Hoit



REMARQUES



Tests cliniques non spécifiques de CFA

Test anesthésique non spécifique

Morphologie radiologique ne suffit pas pour le diagnostic de CFA car présent dans population d'adultes sains

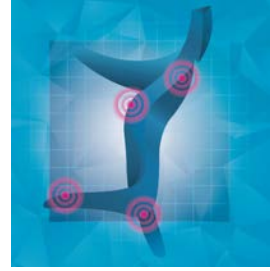
Toutes les lésions du labrum antéro-supérieur ne sont pas causées par le CFA (mais quand même souvent)

Les hanches avec signes de CFA ne développent pas forcément d'arthrose (mais quand même souvent)

Femoroacetabular impingement : fact, fiction or fantasy? AJR 2013, Rubin

Femoroacetabular impingement: caution is warranted in making imaging- based assumptions and diagnoses Radiology 2010 , Palmer

REMARQUES



Tests cliniques non spécifiques de CFA

Test anesthésique non spécifique

Morphologie radiologique ne suffit pas pour le diagnostic de CFA car présent dans population d'adultes sains

Toutes les lésions du labrum antero-supérieur ne sont pas causées par le CFA (mais quand même souvent)

Les hanches avec signes de CFA ne développent pas forcément d'arthrose (mais quand même souvent)

D Rubin. Femoral acetabular impingement : fact, fiction or fantasy? AJR 2013

W Pains. Femoral acetabular impingement: caution is warranted in making imaging- based assumptions and diagnoses Radiology 2010

Faisceau d'arguments

Conflit fémoro-acétabulaire

