
u^b Hip Symposium Bern 2026

How Are You Doing?

What Do I Need to Ask the Patient?

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u^b **Introduction**
Importance of Patient History

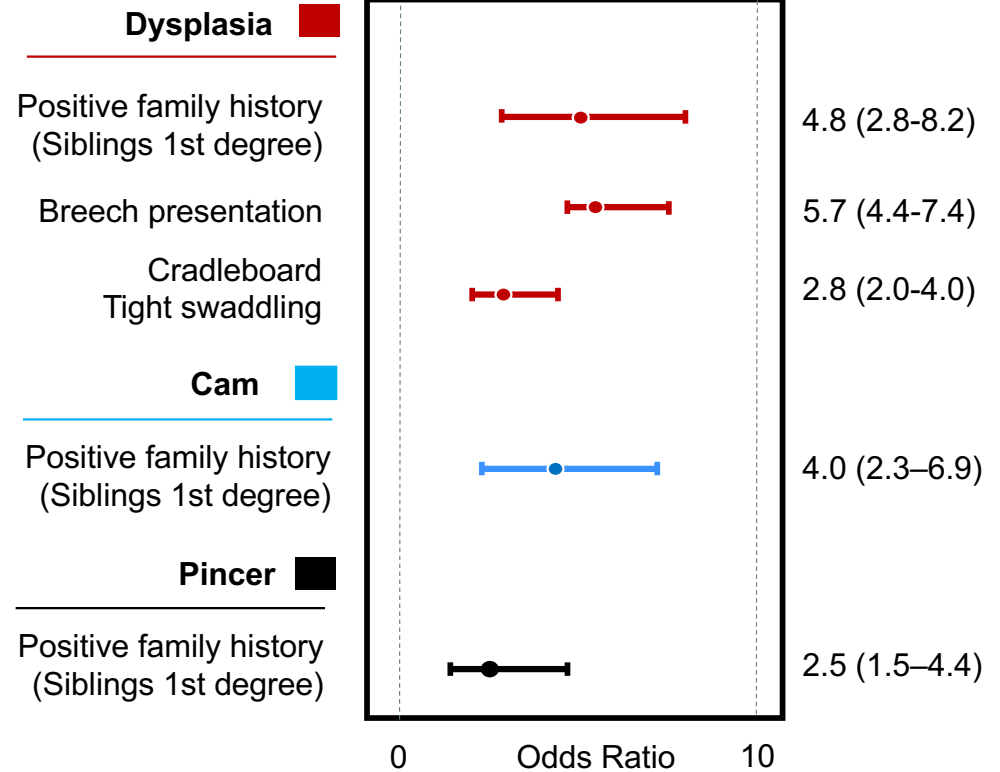
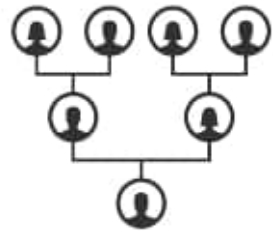
- Early orientation of clinical reasoning
- Identification of patients outside the spectrum of hip preservation



Patient history initiates the surgical decision-making process

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Birth & Perinatal History Risk Factors



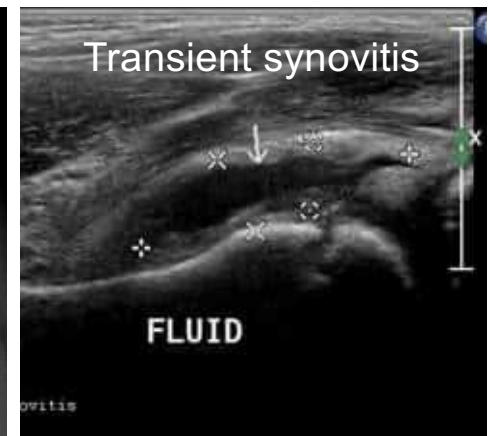
De Hundt M, et al. *Eur J Obstet Gynecol Reprod Biol.* 2012 Nov;165(1):8-17
Pollard TC et al. *J Bone Joint Surg Br* 2010 Feb;92(2):209-16 ,
Stevenson DA et al. *J Pediatr Orthop* 2009 Jul-Aug;29(5):463-6.

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Childhood History

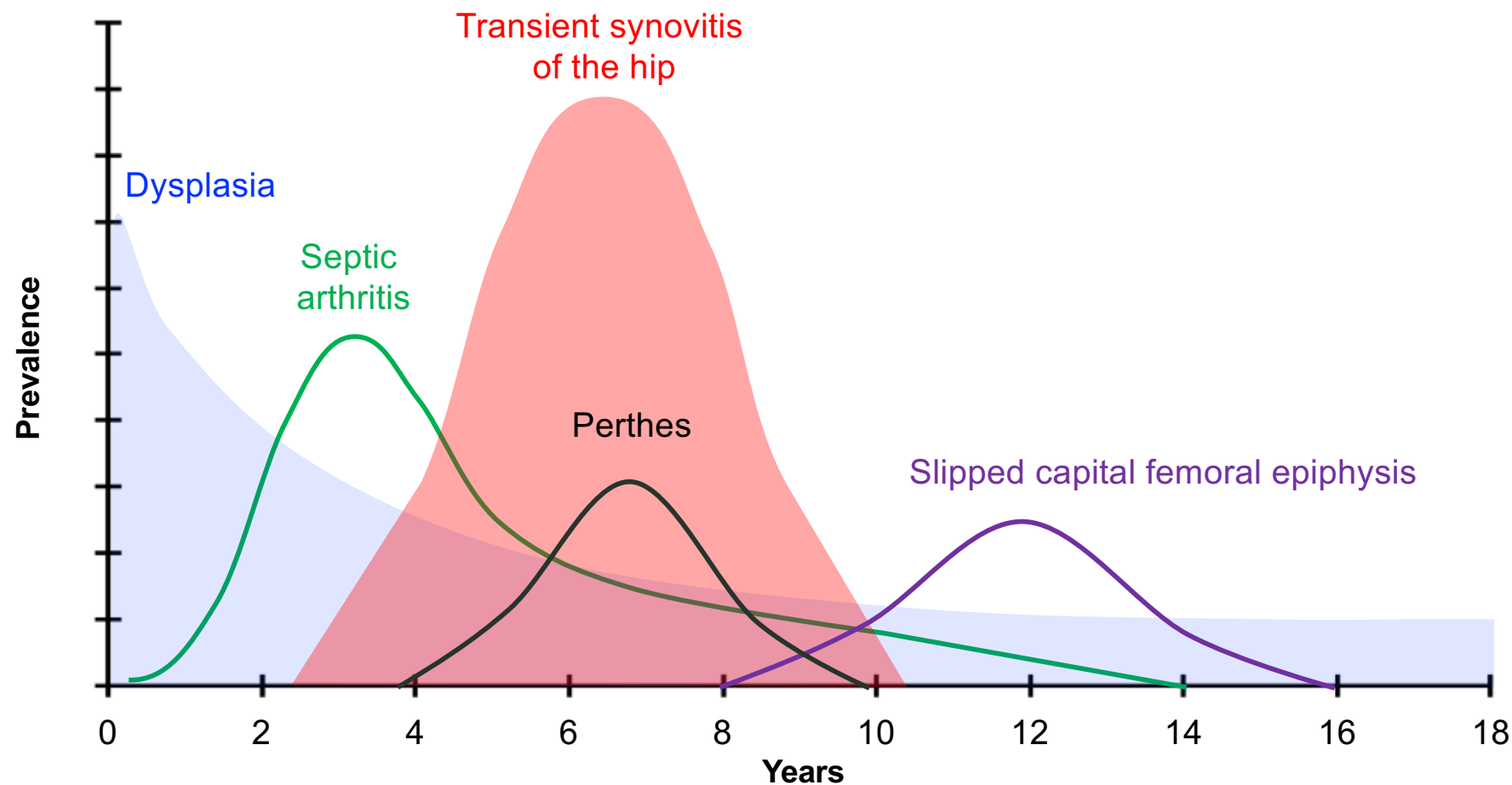
- Limping
- Hip or knee pain
- Limited sports participation

- Hip disorders in children:



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Classic Hip Childhood Diseases



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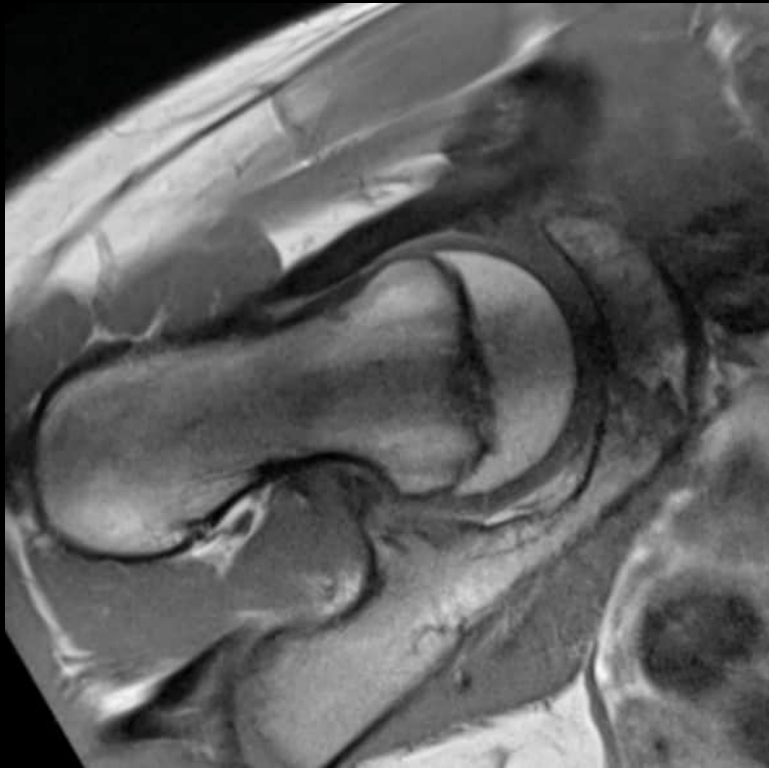
Childhood History

- Sports during adolescence
 - Higher prevalence of Cam
 - Ice hockey (60–80 %)
 - Basketball (60–90 %)
 - Soccer (40–60 %)
 - Elite sports participation (OR 2.6)
- Sport with high range of motion
 - Repetitive mechanical exposure
 - Aggravating factor: hyperlaxity

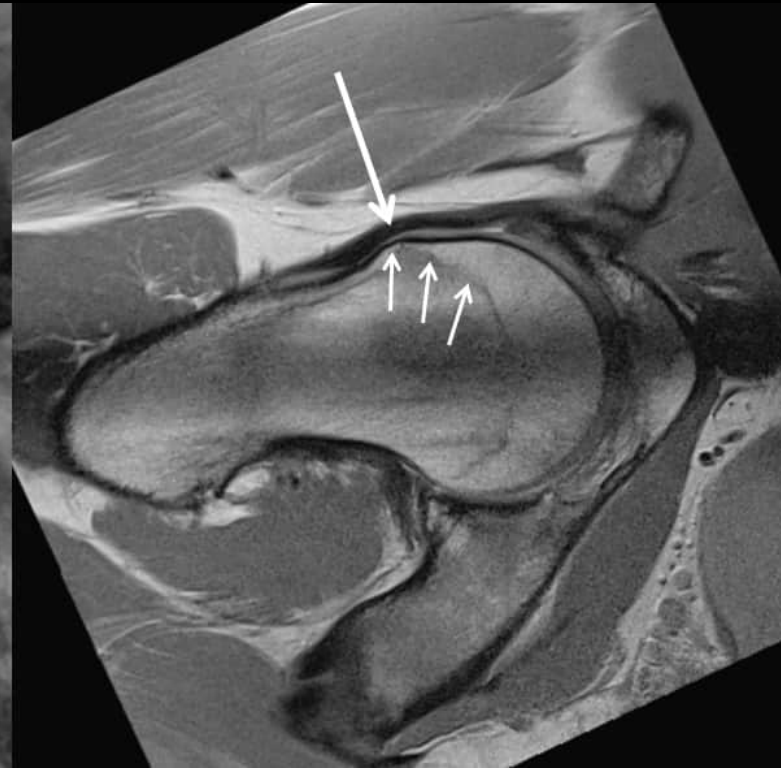


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Cam: Sports Activity in Adolescence



Age 13 years



Age 21 years
Professional ice-hockey player

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Pain Pattern & Mechanical Symptoms

- Hip flexion pain, sharp → Impingement / Pincer
- Lateral hip pain, dull → Dysplasia
- Pain with active flexion → Iliopsoas tendinitis
- Posterior hip pain → High femoral torsion
- Intra-articular pathology
 - Anterior pain: highly prevalent
 - Posterior up to 71%
 - C-sign



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Functional and Mechanical Tolerance

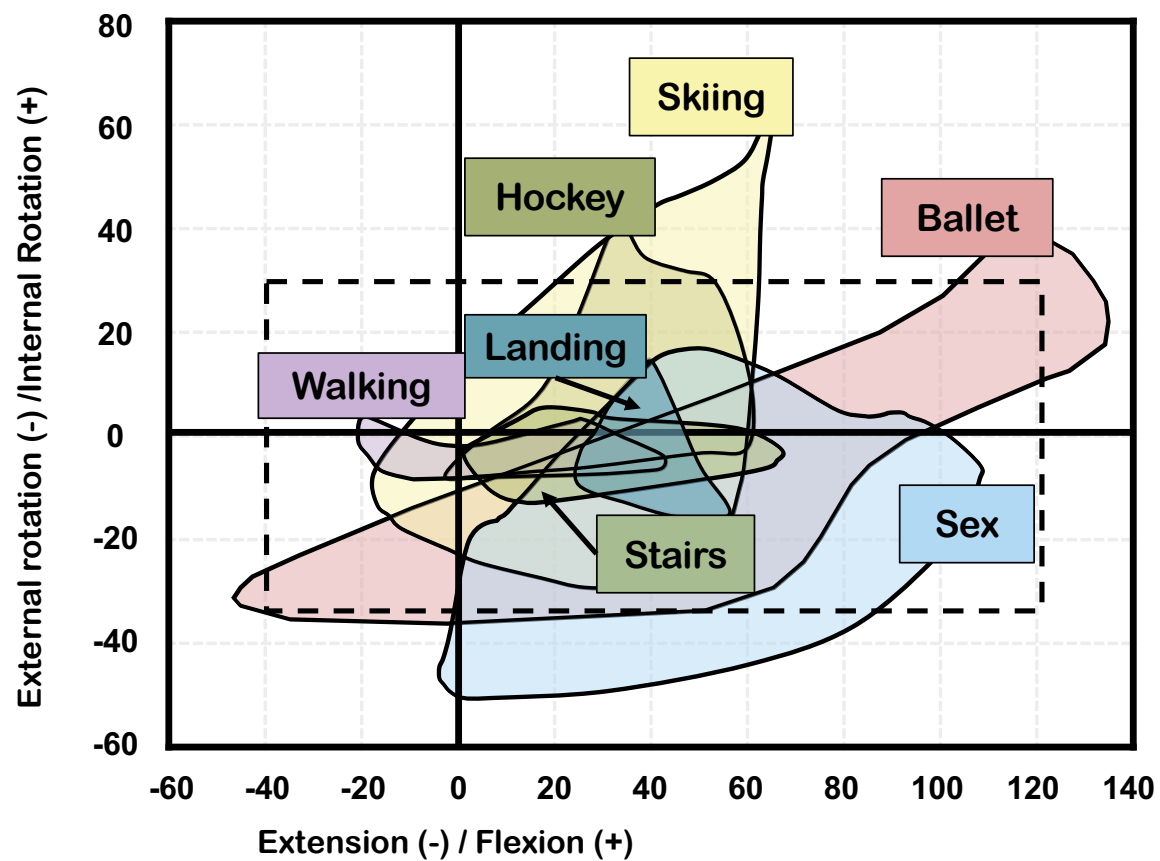
Dysplasia:

- Standing intolerance (> 2 h)
- Pain when walking downhill
- Shoe lift
 - Leg length discrepancy
 - Secondary dysplasia in pelvic obliquity

Impingement:

- Sitting intolerance (> 2 h)
- Pain when walking uphill
- Functional decreased range of motion
 - Tailor seat
 - Pain getting in and out of a car
 - Sex (partner present)

u^b Hip motion for different activities



u^b **Work & Sports**
Expectations & Prognosis

- Professional demands
- Current sports activity



Functional impact defines expectations and prognosis

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Previous Treatments

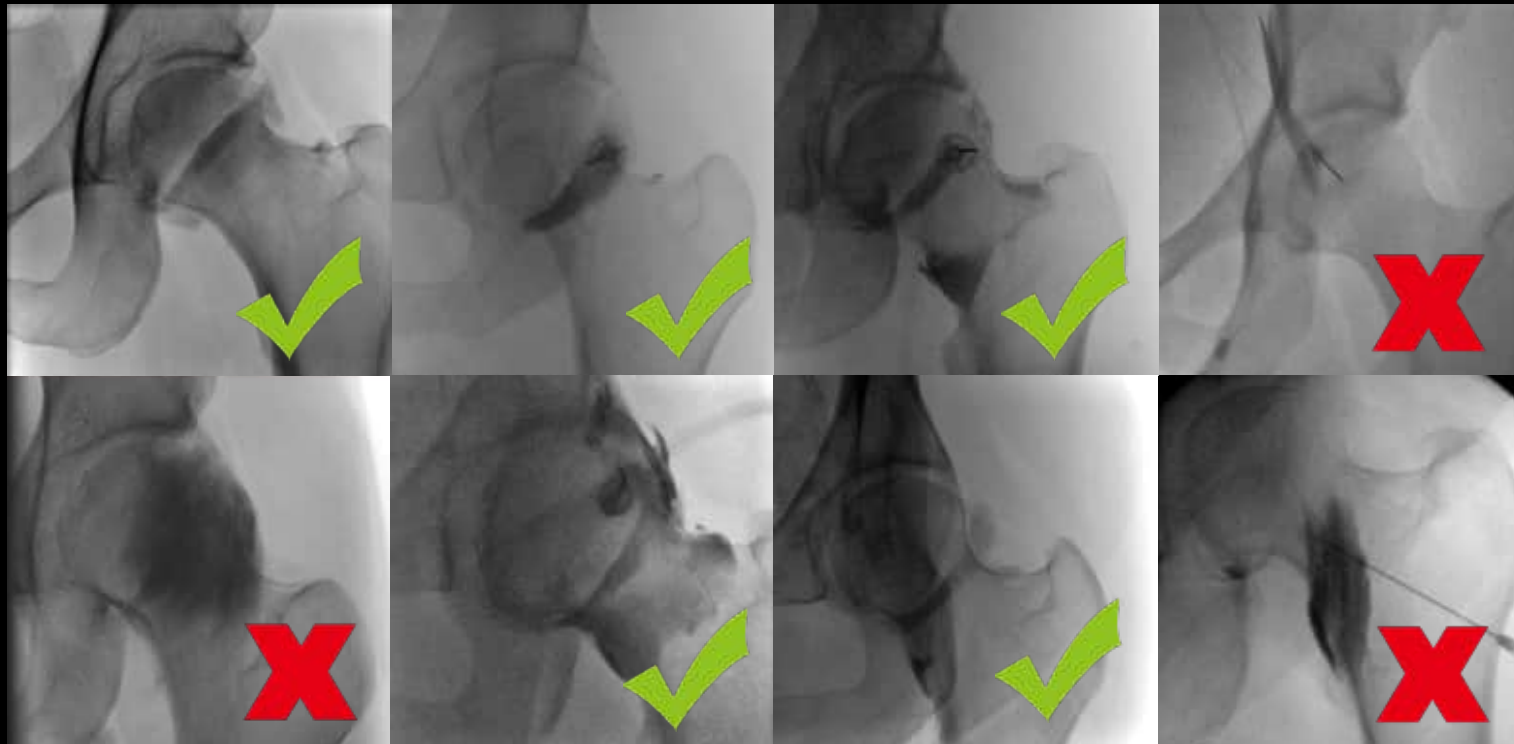
What helps and what may mislead

- Analgesics
 - Analgesics: clue about pain burden
- Response to NSAIDs / aspirin
 - Consider osteoid osteoma in case of marked response
- Injections
 - intra-articular injections :
confirmation with contrast agent

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Misinterpretation of Intraarticular Injection

3 out of 8 are not intraarticular, which ones?



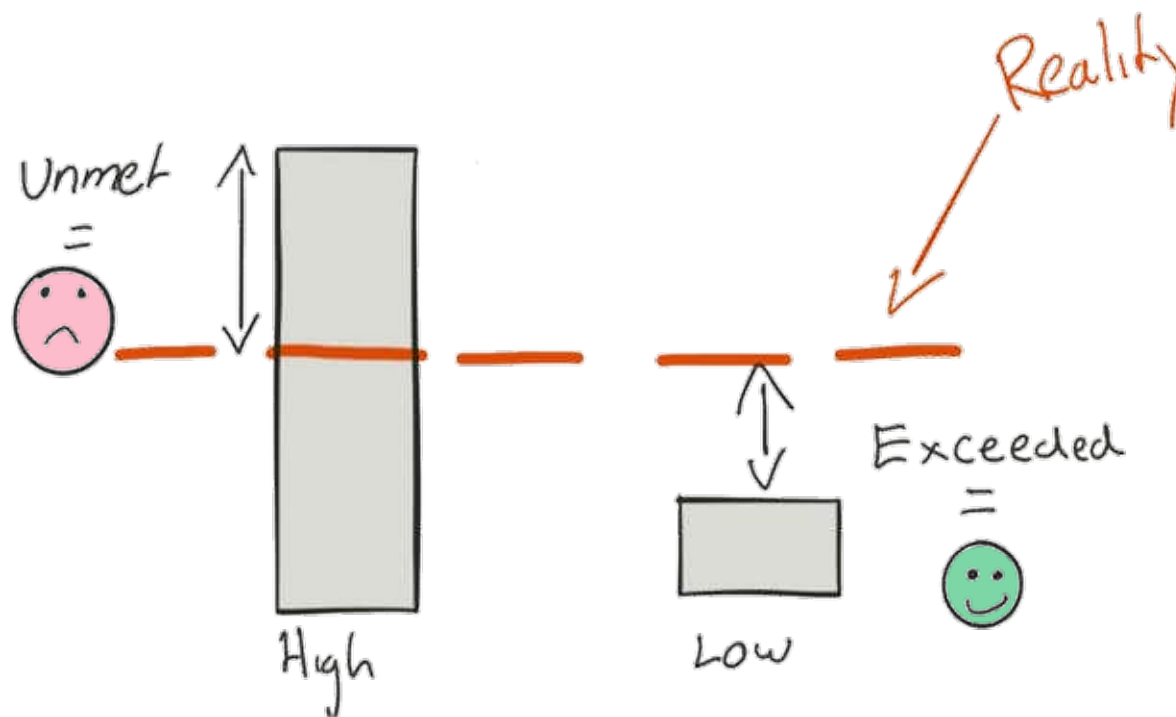
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Red Flags

Exit from the Joint Preservation Paradigm

- Night pain
 - Suggests degenerative or inflammatory disease
- Acute spontaneous pain
 - Consider osteonecrosis
 - Risk factors: Alcohol abuse, Drug use, Sickle cell disease

u^b Expectations & Decision



Patient expectations →

Conservative treatment vs. Joint preservation vs. Joint replacement

u^b **Take Home Message**

- Patient history is the first decision-making tool
- Hip morphology is shaped early
 - Symptoms appear later
- Joint preservation is not only an age-based decision
 - Treatment depends on diagnosis and expectations