The Role Of Hip Arthroscopy in Work Comp

Evolution Of Treatment Options for Hip Pain Show Better Outcomes in Hip Related Claim Cases
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Hip pain after a work-related incident can prove to be a difficult condition to diagnose, and treat successfully. This is in part due to non-arthritic hip pain being an elusive issue for clinicians less familiar with the variety of conditions and treatments. Additionally, if not appropriately handled right from the start, this limited awareness can lead to misdiagnosis, decreased productivity, employee anguish, and
increased claim costs. However, due to recent research and the development of improved surgical procedures, there has been a paradigm shift towards better understanding of these conditions and improved outcomes.

Similar to other joints such as the shoulder and knee, medical management of non-arthritic hip conditions can now be treated with arthroscopic and endoscopic approaches. These minimally invasive techniques for the hip result in a less painful and faster recovery. Therefore, if indicated, hip arthroscopy can help mitigate the negative impact of these hip conditions on productivity and prevent delays in return to work.

Traditionally, workers' compensation patients have inferior outcomes compared to other patients without a workers' compensation claim. However, workers' compensation patients do demonstrate significant improvements in patient reported outcomes after hip arthroscopy surgery.

Current arthroscopic surgical procedures also allow workers to return to temporary light-duty much quicker than traditional approaches. Results show significant gains are made between their preoperative status and their final follow-up. In addition, this less invasive medical approach and speedier recovery will improve outcomes and a claimant's view of the workers' compensation process. Moreover, a recent study demonstrated that workers' compensation patients who achieve their maximum medical improvement at one year postoperatively, do typically return without restrictions.

![Hip Arthroscopy Image]

Although work-related hip conditions can present as a daunting issue for workers' compensation payers, nurse case managers, and employers, a few select healthcare professionals now have a better understanding of these conditions and have the surgical expertise to treat them arthroscopically.

Therefore, if an injured worker presents with non-arthritic hip pain complaints, it would be prudent to have them evaluated by WC Insurance Coordinator

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OrthoAccess
an orthopedic surgeon well versed in the various conditions of the hip, as well as skilled in the arthroscopic/endoscopic techniques used to treat them.