

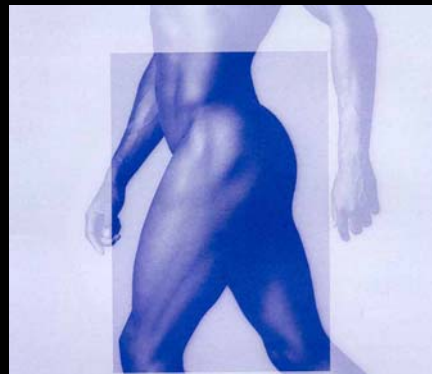
Hip Arthroscopy: **Portals To the** **Central and Peripheral Compartment**

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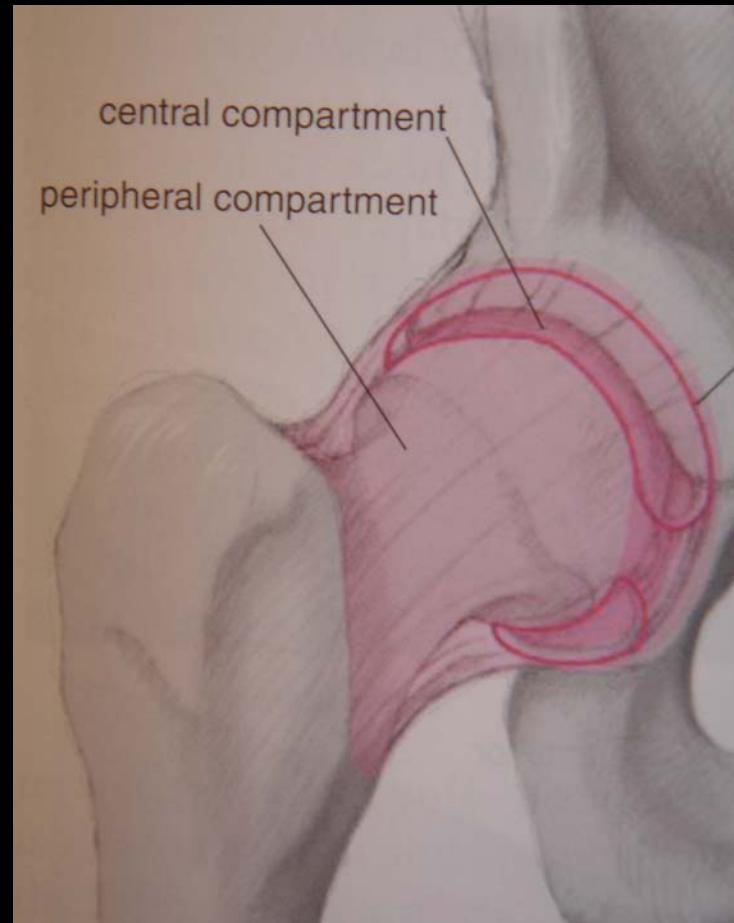


Hip Arthroscopy

- **15 min.**
- **Goals:**
 - What is the Central or Peripheral compartment?
 - Portals
 - Views in Function of Portals
 - Tricks on How to Obtain Max Distraction

Hip Arthroscopy

- Peripheral and Central Compartments:



Hip Arthroscopy

- **Portals :**

- MANY VARIANTS...

- Selection of the most common portals...

- Authors: Villar, Byrd, Glick-Sampson, Dienst...

Hip Arthroscopy

- Portals :

- PL: Postero Lateral
- L: Lateral
- AL: Antero Lateral
- A: Anterior
- AI: Antero Inferior
- FAI: Far Antero Inferior

Hip Arthroscopy

- **Portals :**

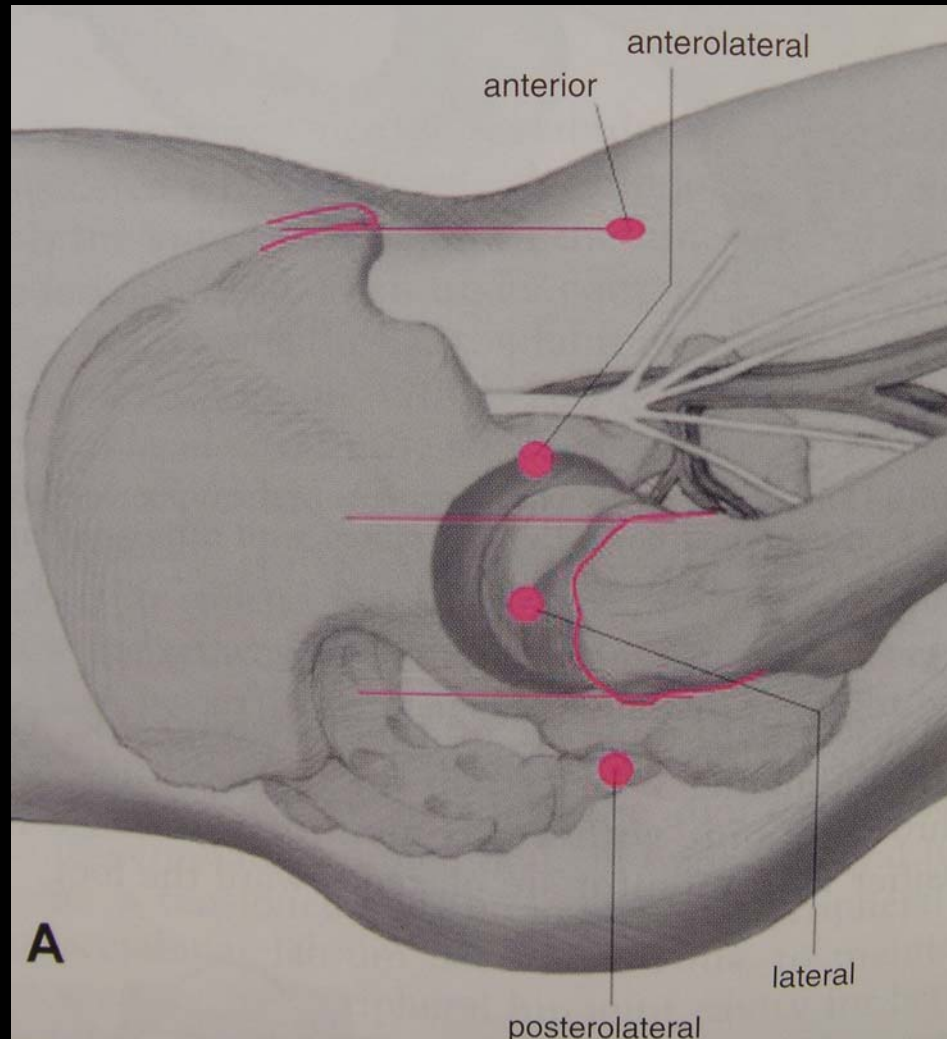
- **PL:** Postero Lateral (Posterior Paratrochanteric)

- **AL:** Antero Lateral (Anterior Paratrochanteric)

- **A:** Anterior

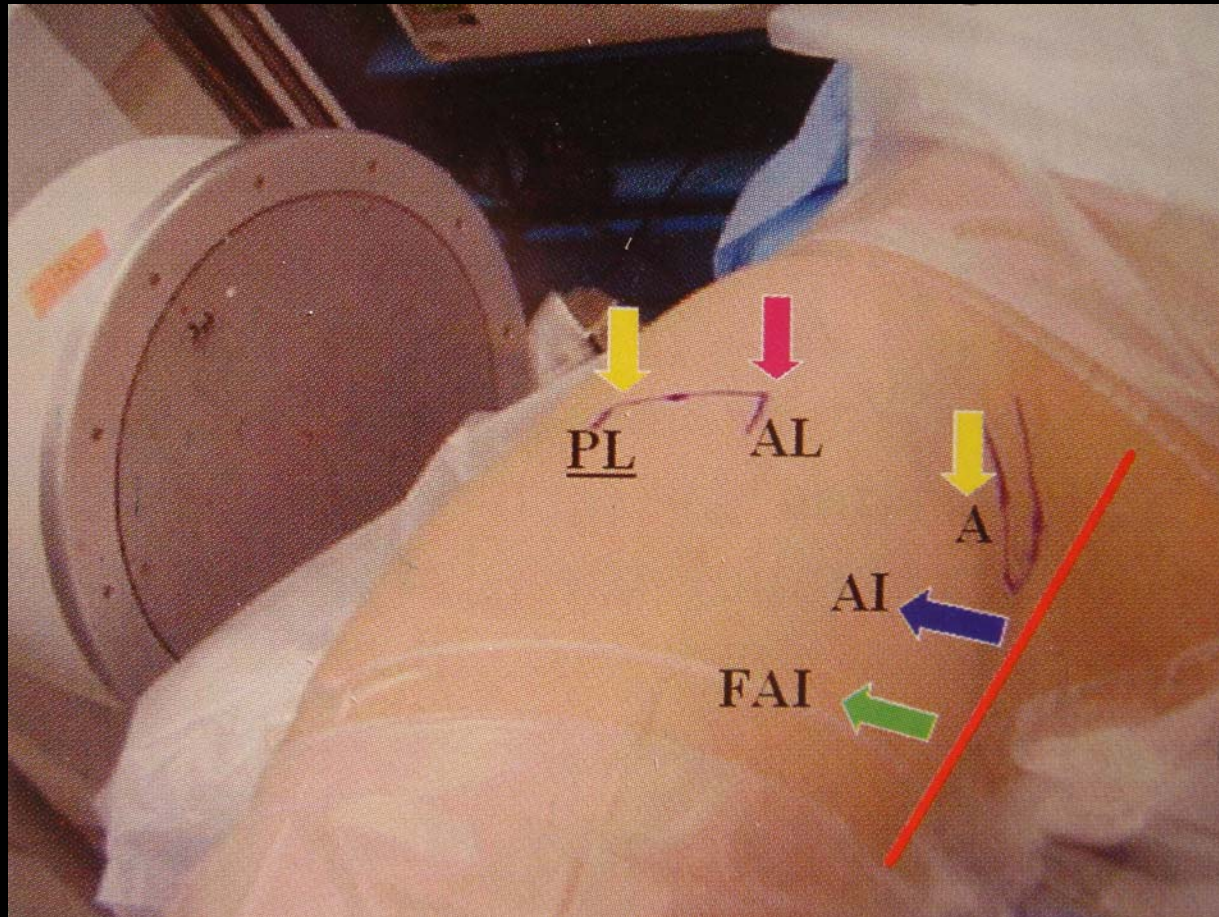
Hip Arthroscopy

- **Global View (Dienst / Byrd):**



Hip Arthroscopy

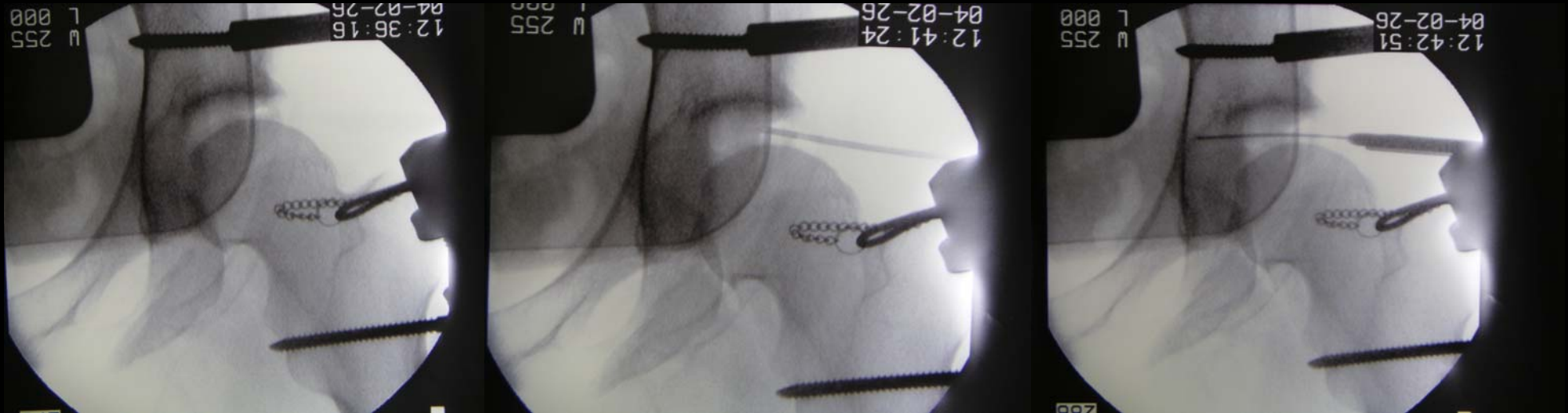
- Global View (Sampson):



Tricks

- **Obtain sufficient distraction: 10-15mm to avoid damage to labrum and cartilage**
- **Use Nitinol Guided Needles to keep out of trouble**
- **Use a 70° scope in tight joints (central compartment)**

Hip Arthroscopy



- Central Compartment

Hip Arthroscopy

- Peripheral Compartment



Hip Arthroscopy

- Antero Inferior (Byrd): AI
- Snapping Psoas

Hip Arthroscopy

- **Tricks: If needed ->Cut the Capsule for Good Distraction!**
- **Preserve labrum and cartilage**
- **Leave at least 3 cm between your portals to minimize collisions between instruments!**

Conclusions

- **Principles of Portal Anatomy is well established...**
- **Most common: PL, AL, A**
- **However, many variations in detail-> read carefully description by the author for specific use...**

Conclusions

- **Obtain sufficient distraction: 10-15mm to avoid damage to labrum and cartilage**
- **Use Nitinol Guided Needles to keep out of trouble**
- **Use a 70° scope in tight joints (central compartment)**
- **Avoid lesions: cartilage + Labrum: Dr Dienst**