

# Hip dysplasia in young adults

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Hip dysplasia is a condition in which there is under-coverage of the femoral head, secondary to a shallow acetabulum. Hip dysplasia is defined as an LCEA of  $<20^\circ$  and/or an acetabular index of  $>10^\circ$  ( Figure 39.6 ). The acetabular index (also called the Tönnis angle) is the angle formed by an imaginary line through the superior weight-bearing portion of the acetabulum and an imaginary horizontal line ( Figure 39.6 ). Thorough screening and timely management of developmental dysplasia of the hip (DDH) as a child is aimed at preventing problems during early adulthood. In mild cases of DDH symptoms are not present until the person is a teenager or an adult. Abnormal biomechanics in hip dysplasia leads to progressive chondral damage and labral tears . Treatment options depend on the severity of dysplasia and the extent of damage in the hip joint, with options being hip arthroscopy , periacetabular osteotomy or total hip replacement (THR) in cases where there is evidence of arthritis. ), Hip dysplasia in young adults

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