



## ANCHOR Group Launches New Study

PAO +/- Hip Scope RCT



### SPRING INTO SPRING WITH HIP HEALTH

ACADEMIC NETWORK OF CONSERVATIONAL HIP OUTCOMES RESEARCH

The ANCHOR Group is proud to announce the launch of an exciting new study titled:

**Periacetabular Osteotomy with and without Arthroscopic Management Central Compartment Pathology: A Multicenter Randomized Controlled Trial.**

[ClinicalTrials.gov Identifier: NCT03481010](https://clinicaltrials.gov/ct2/show/study/NCT03481010)

**Why is this study being done?**

Hip dysplasia is a developmental abnormality of the acetabulum (hip socket) that causes abnormal stresses inside the hip joint and can lead to painful arthritis at a young age. Many people develop painful symptoms in their hip before advanced arthritis occurs.

The PAO is a surgical procedure that reorients the acetabulum to reduce the stresses inside the hip joint. The PAO is very effective at improving symptoms and quality of life. However, some people may continue to have some symptoms even after surgery.

Frequently, people with hip dysplasia will have an MRI done before their surgery, which helps to identify other the abnormalities inside their hip joint (e.g., labral tears). These abnormalities inside the joint cannot easily be addressed through PAO alone, however they can be addressed with hip arthroscopy. Hip arthroscopy is a separate minimally invasive surgical procedure that allows the surgeon to access the inside of the hip joint with a small camera and address any abnormalities.

Although PAO alone and PAO performed with hip arthroscopy are both considered standard of care treatment options, whether the addition of hip arthroscopy improves patient outcomes compared to a PAO alone is not clear.

The primary purpose of the current study is to compare patient outcomes of those who receive a PAO alone with those who receive a PAO and a hip arthroscopy at the same time. This study is taking place at a number of sites across North America.

**How is the study designed?**

This study is 'randomized' and 'open-label'. 'Randomized' means that if you consent to participate in this study, you will be assigned to receive either a PAO alone or a PAO and hip arthroscopy. 'Open-label' means that everyone involved (surgeons, study team and you) will know which group you have been assigned to. Neither you nor the study doctor/team can choose which procedure you will receive. You will be randomly assigned by a computer program.

**Benefits of the Study?**

The results of this study will add to our knowledge in hip preservation methods and may benefit future patients with hip dysplasia.



Dr. Geoffrey Wilkin (The Ottawa Hospital | Site PI)



Dr. Paul Beaulé (The Ottawa Hospital)

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We gratefully acknowledge the Canadian Orthopaedic Foundation's financial support for this project.

## EXCITING LAUNCH



We are proud to announce the launch of our new website. Please visit often for the latest and featured news and to subscribe to future newsletters.

<https://www.anchorhipsurgeons.com/>



ANCHOR Group in attendance at 2018 Annual ANCHOR Meeting held at Texas Scottish Rite Hospital

## ANCHOR Group Receives "Recommend for Funding" status on 2018 DoD grant

### *Identification of Predictors for Clinical Outcomes in Femoroacetabular Impingement Surgery*



In March 2019, the ANCHOR Group received exciting news regarding the status of their recently submitted grant application to the Department of Defense. In a letter to Dr. Clohisy, the DoD wrote:

#### **STATUS: RECOMMENDED FOR FUNDING**

Dear John Clohisy: Congratulations!

On behalf of the Department of Defense office of the Congressionally Directed Medical Research Programs (CDMRP), I am pleased to inform you that your Fiscal Year 2018 (FY18) Peer Reviewed Orthopaedic Research Program (PRORP) Clinical Translational Research Award application submission was recommended for funding.

**Project Duration:** 48 Months

**Budget Requested:** \$2,000,000

**Review Panel:** Surgical Care

The Principal Investigator (PI) of this application proposes to work with the Academic Network of Conservational Hip Outcomes Research (ANCHOR) study group, based at Washington University, to leverage 2 multicenter longitudinal

cohorts (large prospective multicenter ANCHOR FAI-1 and FAI-2) to further explore the impact of acetabular and femoral morphology on clinical outcomes and expand upon the body of clinical evidence available to guide surgical decision making in the management of femoroacetabular impingement (FAI), provide new information regarding surgical options for treating FAI, and improve treatment outcomes. The objective of the study is to identify patient-disease and treatment-specific predictors of patient-reported outcomes (PROs).

### Specific Aims Include:

(1) to analyze midterm follow-up (T8, minimum of 8 years since FAI surgery) in an established prospective longitudinal cohort of FAI surgeries (ANCHOR FAI-1 cohort) to identify clinically relevant predictors of treatment outcomes and failures after FAI surgery;

(2) to determine the impact of 3-dimensional (3D) femoral and acetabular morphology on PROs at short-term follow-up in a novel prospective longitudinal cohort of arthroscopic FAI surgery (ANCHOR FAI-2 cohort), and

(3) to determine if the new PROMIS correlates with legacy PROs in patients undergoing FAI surgery.

The ANCHOR Group is currently working closely with the DoD to provide them with the necessary study documentation that is required prior to formal funding and study start-up. As we get closer to launching this important project, we will provide updates through later newsletters.

We wish to thank all ANCHOR Group surgeons and their research personnel for assisting with the grant submission.



## AMERICA ACADEMY OF ORTHOPEDIC SURGEONS (AAOS)

SERVING OUR PROFESSION TO PROVIDE THE HIGHEST  
QUALITY MUSCULOSKELETAL CARE

As in years past, the **ANCHOR Group** had a strong presence at the 2019 Annual AAOS Meeting held March 12-16 in Las Vegas, Nevada.

This year, the following ANCHOR Group abstracts were accepted for presentation:

### **Surgical Treatment of Femoroacetabular Impingement: Arthroscopy vs. Surgical Hip Dislocation – A Propensity Matched Analysis**

*Jeffrey J. Nepple, MD, Saint Louis, MO*

*Ira Zaltz, MD, Royal Oak, MI*

*Asheesh Bedi, MD, Ann Arbor, MI*

*Paul E. Beaulé, MD, Ottawa, ON, Canada*

*Michael B. Millis, MD, Boston, MA*

*Rafael J. Sierra, MD, Rochester, MN*

*Ernest L. Sink, MD, New York, NY*

*John C. Clohisy, MD, Saint Louis, MO*

*ANCHOR Study Group*

In a propensity matched analysis, patients undergoing hip arthroscopy or surgical hip dislocation demonstrated similar outcomes.

### **Predictors of Failure After Surgical Treatment of Femoroacetabular Impingement: Results of a Multicenter Prospective Cohort of 621 Hips**

*Jeffrey J. Nepple, MD, Saint Louis, MO*

*Asheesh Bedi, MD, Ann Arbor, MI*

*Ira Zaltz, MD, Royal Oak, MI*

*Christopher M. Larson, MD, Edina, MN*

*Paul E. Beaulé, MD, Ottawa, ON, Canada*

*Ernest L. Sink, MD, New York, NY*

*Young Jo Kim, MD, PhD, Boston, MA*

*John C. Clohisy, MD, Saint Louis, MO*

*ANCHOR Study Group*

Several patient and disease characteristics were independently associated with failure and may help guide patient-specific outcome expectations of FAI surgery based on results of a multicenter study.

### **Gender Differences in Outcome after Corrective Surgery for Femoroacetabular Impingement (FAI) Reflect Differences in Preoperative Baseline Scores**

*Tristan Maerz, PhD, Ann Arbor, MI*

*Geneva Baca, St. Louis, MO*

*Paul E. Beaulé, MD, Ottawa, ON, Canada*

*John C. Clohisy, MD, St. Louis, MO*

*Young Jo Kim, MD, PhD, Boston, MA*

*Christopher M. Larson, MD, Edina, MN*

*Michael B. Millis, MD, Boston, MA*

*David A. Podeszwa, MD, Dallas, TX*

*Perry L. Schoenecker, MD, St. Louis, MO*

*Rafael J. Sierra, MD, Rochester, MN*

*Ernest L. Sink, MD, New York, NY*

*Daniel J. Sucato, MD, MS, Dallas, TX*

*Robert T. Trousdale, MD, Rochester, MN*

*Ira Zaltz, MD, Royal Oak, MI*

*Asheesh Bedi, MD, Ann Arbor, MI*

*ANCHOR Multicenter Study Group*

In a large, multi-center, prospective cohort of FAI, gender differences can be traced to preoperative baseline scores.

### **ANCHOR GROUP Facts:**

17 Orthopaedic Surgeons participate at  
29 research centers across North America

