

## Hip impingement: studies show effectiveness of surgery

Mr Tony Andrade, Consultant Orthopaedic Surgeon at Circle Reading Hospital, explains why a combination of surgery and physiotherapy is now considered to be the most effective treatment for hip impingement.

"Hip impingement, or femoroacetabular impingement (FAI), is a condition where you get an abutment between a prominence on the neck of the femur (Cam lesion) and the anterior edge of the hip socket. For a long time, it has been debated as to whether surgery or simply physiotherapy is the best form of treatment.

"It was first described in the late 1990s when it was recognised in patients who underwent pelvic reorientation surgery and ended up with an overcorrection, causing the impingement. However, cases of hip impingement were then recognised in people who hadn't had surgery, and then its link to subsequent arthritis was also established. It is now

increasingly seen in elite athletes and individuals with active lifestyles, often linked to regular, high-intensity training.

"Two UK based randomised controlled trials, one co-ordinated by the Oxford clinical trial unit which Reading patients were recruited for, have now released preliminary results. They compared arthroscopic hip surgery (followed by physiotherapy), with physiotherapy alone for the treatment of symptomatic hip impingement. The results show that arthroscopic hip surgery is more effective in treating hip impingement than physiotherapy alone.

"These are hugely significant findings. Of course physiotherapy plays a vital role, but the studies give us level-one evidence showing the value that surgery can have for improving the quality of life for patients with the condition. Full results from the trials will be published later this year."

**Referring patients with hip impingement** Mr Tony Andrade and Mr Tom Pollard both treat patients with hip impingement.

To arrange a lunchtime talk, or for more information about referrals, please call **0118 922 6923** or email [GPLiaison@circlereading.co.uk](mailto:GPLiaison@circlereading.co.uk)

## Free 10-minute physiotherapy consultations with Circle Rehabilitation

For the next three months Circle Rehabilitation is offering potential patients a free telephone consultation with a senior physiotherapist.

The discussion will last for approximately 10 minutes and is completely free, with no obligation. Patients can then decide if they would like to book private treatment with Circle Rehabilitation.

Access to the service is via the [Circle Rehabilitation website](#) whereby the patient registers their details and a senior physiotherapist will then get back to them as soon as possible.

If you have any questions about this service, please contact the team by calling **0118 922 6836** or email [rehab@circlehealth.co.uk](mailto:rehab@circlehealth.co.uk)



## Are you aware of the Private Healthcare Information Network?

The Private Healthcare Information Network (PHIN) is a not-for-profit organisation. It's an independent, government-mandated source of information for patients to find out about private healthcare in their area. Circle Reading Hospital has been working closely with PHIN, providing the data they need to enable greater patient choice. Read more about Circle Reading Hospital's data [here](#)

## BLS training and our next event on 27th February

Please see below our next three confirmed training dates at Circle Reading Hospital for 2018. This is completely free to local GPs and practice nurses, so you simply need to get in touch to book your place in advance.

Our upcoming BLS training dates are:

- **Tuesday 13th March 2018, 7pm – 9pm**
- **Tuesday 3rd April 2018, 7pm – 9pm**
- **Tuesday 8th May 2018, 7pm – 9pm**

Refreshments will be provided. Please note: limited places are available for each event, with a maximum of 12 attendees permitted. Certificates will be provided after training is complete.

To book your place, please email [GPLiaison@circlereading.co.uk](mailto:GPLiaison@circlereading.co.uk) or call **0118 922 6923**.



### Join us on 27th February

We are hosting our next free educational evening at the hospital on Tuesday 27th February, aimed at GPs and practice staff, with complimentary buffet food and refreshments provided.

The topics and speakers will be:

- **Hand surgery: quiz show**  
(Mr Zulfi Rahimtoola, Consultant Orthopaedic Surgeon)
- **A solution for sneezing & snottiness**  
(Mr Will Flannery, Consultant ENT Surgeon)
- **Hot topics in Rheumatology**  
(Dr Jeremy McNally, Consultant Rheumatologist)
- **Evidence based medicine - 3 pearls regarding pathology of the knee** (Mr Nev Davies, Consultant Orthopaedic Surgeon)
- **Life after stroke**  
(Dr Kiruba Nagaratnam, Consultant Physician - Circle Rehabilitation)

**Food served from 6.30pm, with talks starting at 7pm.** Places at the event are free, although we need to confirm attendance in advance.

To book your place, please email [GPLiaison@circlereading.co.uk](mailto:GPLiaison@circlereading.co.uk) or call 0118 922 6923. Visit our [website](#) for more information.

## Here are some of our self-pay guide prices

Total Hip Replacement – **From £10,500**

Hip Arthroscopy – **From £5,000**

Total Knee Replacement – **From £10,600**

Partial Knee Replacement – **From £8,000**

Knee Arthroscopy – **From £2,800**

Anterior Cruciate Ligament – **From £4,500**

X-ray – **From £110**

Ultrasound – **From £225**

MRI scan – **From £350** (additional £150 if contrast is required)

CT scan – **From £575** (additional £150 if contrast is required)

Orthopaedic private consultations – **from £200**

Our self-pay enquiry number is **0118 922 0026**. You can also contact the team via [enquiries@circlereading.co.uk](mailto:enquiries@circlereading.co.uk)

## A reminder of our NHS exclusion criteria

Exclusion criteria for NHS e-Referral (Choose & Book) patients:

- **BMI greater than 50**
- **Patient under the age of 18**
- **MI/CVA/Recurrent TIA within the last 6 months**
- **Cardiac related disorders**
- **Life threatening Respiratory Disorders (COPD, Bronchiectasis etc.)**
- **Severe & Life threatening Blood Disorders**
- **Unstable Psychiatric disorder**
- **Visual Acuties under 6/12 for cataract surgery**
- **Glaucoma**
- **Lid Cyst Removal**

If you have any queries please contact the Circle Reading bookings team on **0118 922 6925** or email [circle.bookings@nhs.net](mailto:circle.bookings@nhs.net)

## Welcoming our new consultants

Mr Gregory Jones [Consultant General Surgeon](#)

Dr Husham Al-shather [Consultant in pain management and anaesthesia](#)

Mr Simon Middleton [Consultant General & Colorectal Surgeon](#)

Professor Timothy Magee [Consultant Vascular Surgeon](#)



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