A double-blind randomised controlled trial comparing two physiotherapy interventions to treat hip impingement.

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Status	RECRUITING
Sponsor	La Trobe Sports and Exercise Medicine Research Centre
Enrollment	164 participants

Plain Language Summary

This study compares two different physiotherapy programs to treat femoroacetabular impingement (FAI) — also known as hip impingement. FAI is a condition where extra bone on the hip joint (often called a "cam" deformity) causes the hip to pinch during movement, causing pain, especially with activities like squatting or sitting. It most commonly affects active younger adults. This double-blind study compares two different physiotherapy approaches over 24 weeks to see which one better reduces pain and improves hip function.

You may be eligible if:
- You are between 18 and 50 years old
- You have hip or groin pain greater than 3/10 on a pain scale during hip impingement testing
- Your hip pain has been present for more than 6 weeks
- Your hip X-ray shows an alpha angle above 60 degrees (confirming FAI anatomy)

You may NOT be eligible if:
- You have had physiotherapy for your hip in the last 3 months
- You have had previous hip or back surgery
- You have another joint condition such as rheumatoid arthritis
- You are planning lower limb surgery in the next 24 weeks
- You are pregnant or have a contraindication to X-ray or MRI

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

• Eligible participants will be: i) aged 18-50 years; ii) have hip pain on impingement >3/10 on visual analogue scale; iii) have hip/groin pain for more than 6 weeks; iv) have radiographic FAI-alpha angle>60 degrees.

Exclusion (1)

• Potential participants will be excluded if they have: i) had physiotherapy within the three months; ii) previous hip or back surgery; iii) planned lower limb surgery in the next 24 weeks; iv) other musculoskeletal conditions, including rheumatoid arthritis; v) an inability to perform testing procedures; vi) an inability to commit to 24 week treatment program or baseline and follow-up assessments; vii) contra-indications to x-ray or MRI (including pregnancy).

Locations (1 total)

VIC, Australia