



**New Beginnings**  
Your Arthroscopic Hip Procedure



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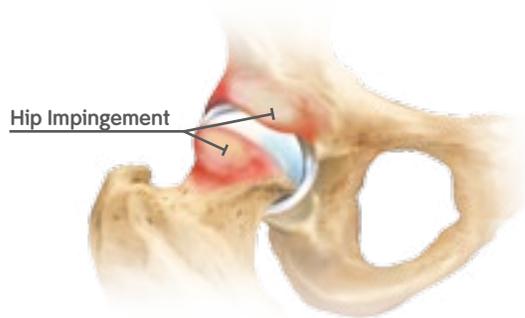
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# What is Hip Impingement?

The hip, a ball-and-socket joint, is the largest weight-bearing joint in the body. When the joint is healthy, the head of the femur (thighbone) forms a round ball that fits into the acetabulum, a cavity at the base of the pelvis that forms the socket.

Hip impingement is a disorder caused by a lack of room, or clearance, between the head and neck of the femur and the rim of the acetabulum. Due to this lack of clearance, when the hip is flexed, as in many common activities like running, sitting, or bending over, the femur and the rim of the acetabulum rub together, causing significant pain in the joint.

Hip impingement is more common in athletic men, and any strenuous activity may aggravate pain in the groin area caused by impingement. Remaining in a stationary seated position for extended periods of time may also aggravate the condition. If conservative treatments are unable to relieve the pain you feel from hip impingement, your doctor may recommend arthroscopic surgery.



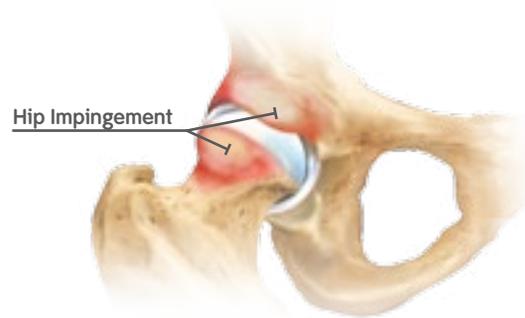
For more information about hip impingement and the minimally invasive procedures used to treat it, speak with your physician, or visit [www.smith-nephew.com/us/patients](http://www.smith-nephew.com/us/patients).

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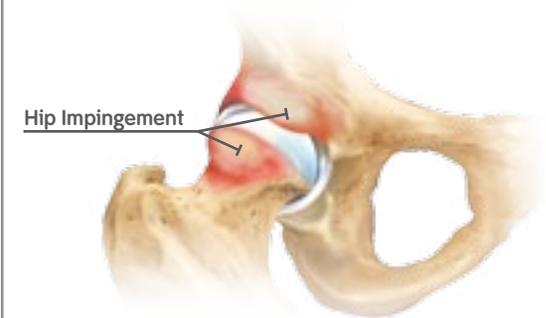
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