


Infographic. Consensus recommendations on the classification, definition and diagnostic criteria of hip-related pain in young and middle-aged active adults from the International Hip-related Pain Research Network, Zurich 2018

Michael P Reiman ¹, Rintje Agricola ², Joanne L Kemp ³, Joshua J Heerey ³, Adam Weir ^{4,5}, Pim van Klij ⁶, Ara Kassarian ^{7,8}, Andrea B Mosler ³, Eva Ageberg ⁹, Per Hölmich ¹⁰, Kristian Marstrand Warholm ¹¹, Damian Griffin ^{12,13}, Sue Mayes ³, Karim M Khan ¹⁴, Kay M Crossley ³, Mario Bizzini ¹⁵, Nancy Bloom ¹⁶, Nicola C Casartelli ^{17,18}, Laura E Diamond ^{19,20}, Stephanie Di Stasi ²¹, Michael Drew ^{22,23}, Daniel J Friedman ²⁴, Matthew Freke ²⁵, Sion Glyn-Jones ²⁶, Boris Gojanovic ^{27,28}, Marcie Harris-Hayes ¹⁶, Michael A Hunt ²⁹, Franco M Impellizzeri ³⁰, Lasse Ishøi ³¹, Denise M Jones ³, Matthew G King ³², Peter R Lawrenson ³³, Michael Leunig ³⁴, Cara L Lewis ³⁵, Nicolas Mathieu ³⁶, Håvard Moksnes ³⁷, May Arna Risberg ^{38,39}, Mark J Scholes ⁴⁰, Adam I Semciw ³, Andreas Serner ⁴¹, Kristian Thorborg ¹⁰, Adam Virgile ⁴², Tobias Wörner ⁹, H Paul Dijkstra ^{43,44}

Young and middle-aged active adults with hip and groin pain often present with a confusing overlap of signs and symptoms. There is no consensus on how to define or classify hip disease with different and overlapping intra-articular and extra-articular contributors to symptoms in an anatomically complex region. Several researchers and consensus groups have previously


attempted to define aspects of hip and groin pain.¹⁻⁴ In 2017, the International Hip Pain Research Network (IHiPRN) was established to facilitate collaboration across research groups and disciplines and to improve knowledge dissemination of hip-related pain to clinicians. In this paper,⁵ published in the *British Journal of Sports Medicine*, we first describe the

general consensus process applied to all topics in this series. We then make recommendations on the first topic on how to classify, define and diagnose hip disease in young and middle-aged active adults, with hip-related pain as the main symptom. Other papers in this series used this classification of hip-related pain in the assessment of (1) patient-reported outcome



Reference: Reiman et al., 2020. BJSM


Consensus Recommendations on the Classification, Definition and Diagnostic Criteria of Hip-related Pain in Young and Middle-aged Active Adults (Zurich, 2018)

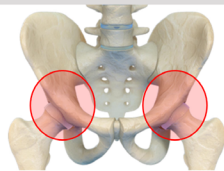


Created by: @AdamVirgile

Summary of Final Consensus Recommendations

Recommendation Level





Expert Backgrounds

The 38 experts included:

- ✓ Physiotherapists
- ✓ Orthopaedic surgeons
- ✓ Sports and exercise medicine physicians and scientists
- ✓ Biomechanists
- ✓ Radiologists

Research Driven

Evidence summaries from literature searches and syntheses of included articles were the basis of the Zurich consensus meeting discussions. These informed the consensus recommendations for clinicians and researchers.

Reaching Agreement



The group discussed, revised and then voted on the appropriateness of the recommendations using a 10-point Likert scale.

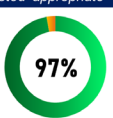
For Clinicians

% of experts who voted 'appropriate'

- 1


A negative flexion adduction internal rotation (FADIR) test helps to rule out hip disease.




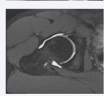
97%
- 2


Diagnostic utility of imaging for hip disease in people with hip-related pain is limited; imaging should always be combined with the patient's symptoms and clinical signs.



94%
- 3

Anteroposterior (AP) pelvis and lateral femoral head-neck radiographs should be requested to assist diagnosing hip-conditions associated with hip-related pain.



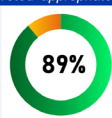
100%

For Clinicians & Researchers

% of experts who voted 'appropriate'

After imaging, hip-related pain may be further categorized into:

1. Femoroacetabular impingement (FAI) syndrome.
2. Acetabular dysplasia and/or hip instability.
3. Other conditions causing hip-related pain, including soft-tissue conditions (labrum, cartilage, and ligamentum teres) without a specific bony morphology.



89%


For Researchers


% of experts who voted 'appropriate'

- 1

Bony morphology outcome measures (e.g. alpha angle or centre-edge angle) should be clearly defined, measured and reported.

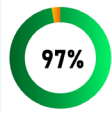
An example of an alpha angle measurement on an anteroposterior (AP) pelvis radiograph.





97%
- 2

Future research should include large-scale, interdisciplinary research on aetiology and prognosis for FAI syndrome, acetabular dysplasia, and other conditions causing hip-related pain.



97%

BMJ

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115

measures,⁶ (2) standardised measurement of physical capacity⁷ and (3) physiotherapist-led treatment.⁸

For this paper, the working group used a scoping review framework to search the literature for systematic reviews, intervention and observational studies (prospective or retrospective) with a study population of at least 10 young and middle-aged active adults and published in English language, peer-reviewed journals. Evidence summaries and consensus recommendations were then presented to and discussed by the whole group of IHiPRN participants. We reached consensus on three clinical recommendations, one clinical and research recommendation, and two research recommendations (infographic), all of which were an amalgamation of best available evidence and expert opinion. Following discussion, each participant was asked to perform a blinded vote on the recommendation (infographic). Both non-musculoskeletal and serious hip pathology conditions (eg, tumours, infections, slipped capital femoral epiphysis), as well as competing musculoskeletal conditions (eg, lumbar spine) should first be excluded before categorising hip disease in young and middle-aged active adults presenting with hip-related pain. Once these are excluded, hip-related pain should be categorised into (1) femoroacetabular impingement syndrome, (2) acetabular dysplasia and/or hip instability and (3) other conditions without bony morphology causing hip-related pain, such as chondral, labral and ligamentum teres conditions.

The diagnostic clinical utility for the various clinical and radiological measures was stratified according to magnitude of the pretest to post-test probability shift, precision (repeatability of the results), and study quality. Each of these values were represented on a 2×2 quadrant (magnitude×precision) as *not recommended* (red quadrant), *cautiously recommended* (yellow quadrants) or *recommended* (green quadrant) if the study quality was high.

We determined that the diagnostic utility of clinical examination and diagnostic imaging in isolation are limited and recommend a comprehensive diagnostic approach of patient symptoms, clinical signs and diagnostic imaging. We recognise that the diagnostic capability of matching symptoms, clinical signs and diagnostic imaging is unknown for patients with hip-related pain and recommend that future studies be considered in determining such diagnostic utilities.

¹Orthopedic Surgery, Duke University Medical Center, Durham, North Carolina, USA

²Department of Orthopaedic Surgery, Erasmus University Medical Center, Rotterdam, Netherlands
³Latrobe Sports Exercise Medicine Research Centre, School of Allied Health, Human Services and Sport, La Trobe University, Melbourne, Victoria, Australia
⁴Department of Orthopaedic Surgery, Erasmus MC Center for Groin Injuries, Erasmus University Medical Center, Rotterdam, Netherlands
⁵Aspetar Sports Groin Pain Centre, Aspetar Orthopaedic and Sports Medicine Hospital, Doha, Ad Dawhah, Qatar
⁶Department of Orthopaedic Surgery, Erasmus University Medical Centre, Rotterdam, Netherlands
⁷Elite Sports Imaging, SL, Madrid, Spain
⁸Musculoskeletal Radiology, Corades, LLC, Brookline, Massachusetts, USA
⁹Health Sciences, Lund University, Lund, Sweden
¹⁰Sports Orthopaedic Research Center–Copenhagen (SORC-C), Arthroscopic Center, Department of Orthopedic Surgery, Copenhagen University Hospital, Amager-Hvidovre, Denmark, Amager-Hvidovre Hospital, Hvidovre, Copenhagen, Denmark
¹¹Division of Orthopaedic surgery, Oslo University Hospital, Oslo, Norway
¹²Warwick Orthopaedics, University of Warwick, Coventry, UK
¹³Orthopaedics Warwick Medical School, University of Warwick, Coventry, UK
¹⁴Family Practice & Kinesiology, The University of British Columbia, Vancouver, British Columbia, Canada
¹⁵Research, Schulthess Clinic Human Performance Lab, Zurich, ZH, Switzerland
¹⁶Physical Therapy, Washington University School of Medicine in Saint Louis, Saint Louis, Missouri, USA
¹⁷Human Performance Lab, Schulthess Clinic, Zurich, Switzerland
¹⁸Laboratory of Exercise and Health, ETH Zurich, Schwerzenbach, Switzerland
¹⁹School of Allied Health Sciences, Griffith University, Gold Coast, Queensland, Australia
²⁰Menzies Health Institute Queensland, Griffith University, Brisbane, Queensland, Australia
²¹Division of Physical Therapy, The Ohio State University, Columbus, Ohio, USA
²²Department of Physiotherapy, Australian Institute of Sport, Canberra, Australian Capital Territory, Australia
²³Australian Collaboration for Research into Injury in Sport and its Prevention (ACRISP), Federation University Australia, Ballarat, Victoria, Australia
²⁴Department of Cardiology, Alfred Health, Melbourne, Victoria, Australia
²⁵School of Health and Rehabilitation Sciences, The University of Queensland, Brisbane, Queensland, Australia
²⁶Department of Orthopaedic Surgery, University of Oxford, Institute of Musculoskeletal Sciences, Oxford, UK
²⁷Swiss Olympic Medical Center, Hopital de la Tour, Meyrin, Geneva, Switzerland
²⁸Sports Medicine, University Hospital of Lausanne, Lausanne, VD, Switzerland
²⁹Physical Therapy, University of British Columbia, Vancouver, British Columbia, Canada
³⁰Faculty of Health, University of Technology Sydney, Sydney, New South Wales, Australia
³¹Department of Orthopedic Surgery, Copenhagen University Hospital, Amager-Hvidovre, Sports Orthopedic Research Center - Copenhagen (SORC-C), Hvidovre, Denmark
³²La Trobe Sport and Exercise Medicine Research Centre, School of Allied Health, Human Services, and Sport, La Trobe University, Bundoora, Victoria, Australia
³³School of Health and Rehabilitation Sciences, University of Queensland, Brisbane, Queensland, Australia
³⁴Department of Orthopaedics, Schulthess Klinik, Zurich, Switzerland
³⁵Physical Therapy & Athletic Training, Boston University, Boston, Massachusetts, USA

³⁶Physiotherapy, HES-SO Valais, University of Applied Sciences Western Switzerland, Leukerbad, Valais, Switzerland
³⁷Oslo Sports Trauma Research Centre (OSTRC), Norwegian School of Sport Sciences, Oslo, Norway
³⁸Department of Sport Medicine, Norwegian School of Sport Sciences, Oslo, Norway
³⁹Division of Orthopaedic Surgery, Oslo University Hospital, Oslo, Norway
⁴⁰La Trobe Sport and Exercise Medicine Research Centre, School of Allied Health, Human Services and Sport, La Trobe University, Melbourne, Victoria, Australia
⁴¹Research & Scientific Support, Aspetar Orthopaedic and Sports Medicine Hospital, Doha, Qatar
⁴²College of Nursing and Health Sciences, University of Vermont, Burlington, Vermont, USA
⁴³Sports Medicine, ASPETAR Orthopedic and Sports Medicine Hospital, Doha, Qatar
⁴⁴Department for Continuing Education, University of Oxford, Oxford, UK

Correspondence to Rintje Agricola, Department of Orthopaedic Surgery, Erasmus University Medical Center, 3015 GD Rotterdam, Netherlands; r.agricola@erasmusmc.nl

Twitter Michael P Reiman @MikeReiman, Rintje Agricola @RintjeAgricola, Joanne L Kemp @JoanneLKemp, Joshua J Heerey @JHeerey, Pim van Klij @pimvklij, Andrea B Mosler @AndreaBMosler, Eva Ageberg @EvaAgeberg, Damian Griffin @DamianGriffin, Nicola C Casartelli @NicCasartelli, Laura E Diamond @lauradiamond05, Michael Drew @_mickdrew, Daniel J Friedman @ddfriedman, Boris Gojanovic @drsportsante, Marcie Harris-Hayes @MHarrisHayes, Franco M Impellizzeri @francoimpell, Lasse Ishøi @Lasselshoei, Matthew G King @mattgking1, Peter R Lawrenson @PeteLawrenson, Cara L Lewis @ProfCaraLewis, Håvard Moksnes @HMoksnes, Mark J Scholes @MarkScholes85, Adam I Semciw @ASemciw, Andreas Semer @aserner, Kristian Thorborg @KThorborg, Adam Virgile @adamvirgile, Tobias Wörner @Wuninho and H Paul Dijkstra @DrPaulDijkstra

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ORCID iDs

Michael P Reiman <http://orcid.org/0000-0003-4557-3446>
Rintje Agricola <http://orcid.org/0000-0002-0645-093X>
Joanne L Kemp <http://orcid.org/0000-0002-9234-1923>
Joshua J Heerey <http://orcid.org/0000-0001-8691-1830>
Pim van Klij <http://orcid.org/0000-0002-6515-8322>
Ara Kassarian <http://orcid.org/0000-0002-9969-3227>
Andrea B Mosler <http://orcid.org/0000-0001-7353-2583>
Eva Ageberg <http://orcid.org/0000-0002-8639-3006>
Kristian Marstrand Warholm <http://orcid.org/0000-0003-0978-0667>
Karim M Khan <http://orcid.org/0000-0002-9976-0258>
Kay M Crossley <http://orcid.org/0000-0001-5892-129X>
Nicola C Casartelli <http://orcid.org/0000-0002-1280-866X>
Laura E Diamond <http://orcid.org/0000-0002-2197-1856>
Boris Gojanovic <http://orcid.org/0000-0001-5075-9371>

Marcie Harris-Hayes <http://orcid.org/0000-0003-4274-1651>
Franco M Impellizzeri <http://orcid.org/0000-0002-1703-2573>
Lasse Ishoi <http://orcid.org/0000-0002-2716-6567>
Matthew G King <http://orcid.org/0000-0003-0470-5924>
Peter R Lawrenson <http://orcid.org/0000-0002-6479-6840>
Cara L Lewis <http://orcid.org/0000-0002-9888-4902>
Mark J Scholes <http://orcid.org/0000-0001-9216-1597>
Adam I Semciw <http://orcid.org/0000-0001-5399-7463>
Andreas Serner <http://orcid.org/0000-0003-4308-901X>
Kristian Thorborg <http://orcid.org/0000-0001-9102-4515>
Adam Virgile <http://orcid.org/0000-0003-2146-7964>
Tobias Wörner <http://orcid.org/0000-0001-5555-0876>
H Paul Dijkstra <http://orcid.org/0000-0003-3166-1357>

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