

# INSIDE THE HIP

ONE DAY LIVE  
SURGERY COURSE

6 - 10 ARTHROSCOPY  
PROCEDURES

PARIS,  
FRANCE

ORIGINAL TECHNIQUE  
SUPINE POSITION  
PERIPHERAL FIRST  
NO FLUOROSCOPY  
STEP BY STEP PROCEDURE

12 SESSIONS PER YEAR  
(DATES ON DEMAND)

OPEN TO  
SURGEONS,  
FELLOWS, RESIDENTS,  
AND PROFESSIONALS

## INFORMATION

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# INSIDE THE HIP

EDUCATIONAL PROGRAM  
FOR HIP ARTHROSCOPY

PARIS | 2012-2016



Dr. Thierry BOYER, MD

Dr. Alexis NOGIER, MD

**H**IP ARTHROSCOPY is a highly demanding surgical procedure that provides an exceptional view of the joint anatomy and disorders. Associated with clinical examination and specific imaging, the technique allows early diagnosis of mechanical hip pain and cinematic evaluation of femoro-acetabular impingement. Moreover, development of modern devices has contributed to radically new possibilities for treatment of young and sportive people. + + +

Performing the procedure safely and efficiently is one of our most challenging objectives, that is why we want to share our specific hip arthroscopy technique and experience with over 2,000 procedures. The educational program “Inside the Hip” is our contribution to a better understanding and practice for all professionals involved in the management of hip pathology. + + +



Health for Health Foundation

## PROGRAM

Combining the most important surgical experience during the shortest possible time is the main goal of the "Inside the Hip" program. Our special Hip Surgical Department of Maussins-Nollet clinic in Paris, the first hip arthroscopy center in France and one of the most important in Europe, makes it possible.

"INSIDE THE HIP" IS AN EDUCATIONAL PROGRAM OF HEALTH FOR HEALTH FOUNDATION WWW.HEALTHFORHEALTH.ORG, INVOLVING SURGEONS, MEDICAL COMPANIES AND PRIVATE HOSPITALS IN A GLOBAL NON LUCRATIVE 5-YEAR PROJECT.

The program includes a one day live experience of 6 to 10 procedures and short lectures/discussions around the topic of conservative hip management. Our personal technique of hip arthroscopy will be demonstrated and discussed regarding its specific advantages and drawbacks. Live surgery will be an opportunity for you to be part of our team during one day, facing rough reality, far from the artificial perfect demonstration of scientific meetings.

Moreover, you will have access to various instrumentations and devices, as the program is not related to a unique industrial/commercial company.

"Inside the Hip" respects the ethic value of Health for Health foundation, providing to our patients a complete surgical independence of our team for the best clinical result.



Dr. Thierry Boyer (left) and Dr. Alexis Nogier are managing the program accessible for every surgeon, fellow or resident interested in these new techniques.

# INSIDE THE HIP TECHNIQUE

## SUPINE POSITION

The supine position is probably the simplest way to install a patient for hip arthroscopy on a basic fracture table. This position provides a full access to the hip joint, and a secure control of safe zone, avoiding femoral nerve/artery and sciatic nerve. In this position, cinematic evaluation of the joint is complete for best diagnosis of femoro-acetabular impingement and other dynamic disorders.

## PERIPHERAL FIRST

Introducing the scope in the peripheral compartment first, without any fluoroscopy, is the "natural" way of our hip procedure. The global view of this part of the hip has many advantages and reduces traction time / complication rate. The anatomic shape of the joint is precisely evaluated and femoroplasty can be performed with a wide range of access to the bump.

## NO FLUOROSCOPY

Fluoroscopy control is generally considered to be the only way to perform a secure hip arthroscopy. Our specific "peripheral first" technique allows, most of the time, full access to the hip, including introduction of the scope into the central compartment under visual control. Reducing irradiation for both patients and medical team is thus a positive aspect of the procedure.

## STEP BY STEP PROCEDURE

Hip arthroscopy is probably one of the highest demanding and challenging surgical procedure, requiring a long learning curve. Complications and adverse events are therefore particularly hard to face with young and sportive patients attending good results. The "Inside the Hip" technique has therefore been developed to reduce technical difficulties and to provide a secure learning curve. We will share our experience of a step by step procedure, from basic resection to complex reconstruction.

