



Labral Injuries and Femoroacetabular Impingement (FAI)
Clinical Assessment

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Important Notices

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Guideline Information:

Specialty Area: Diseases & Disorders of the Musculoskeletal System (M00–M99)

Care Path Group: Hip

Care Path Name: Labral Injuries and Femoroacetabular Impingement (FAI) (M24, M25)

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Peer reviewed by:

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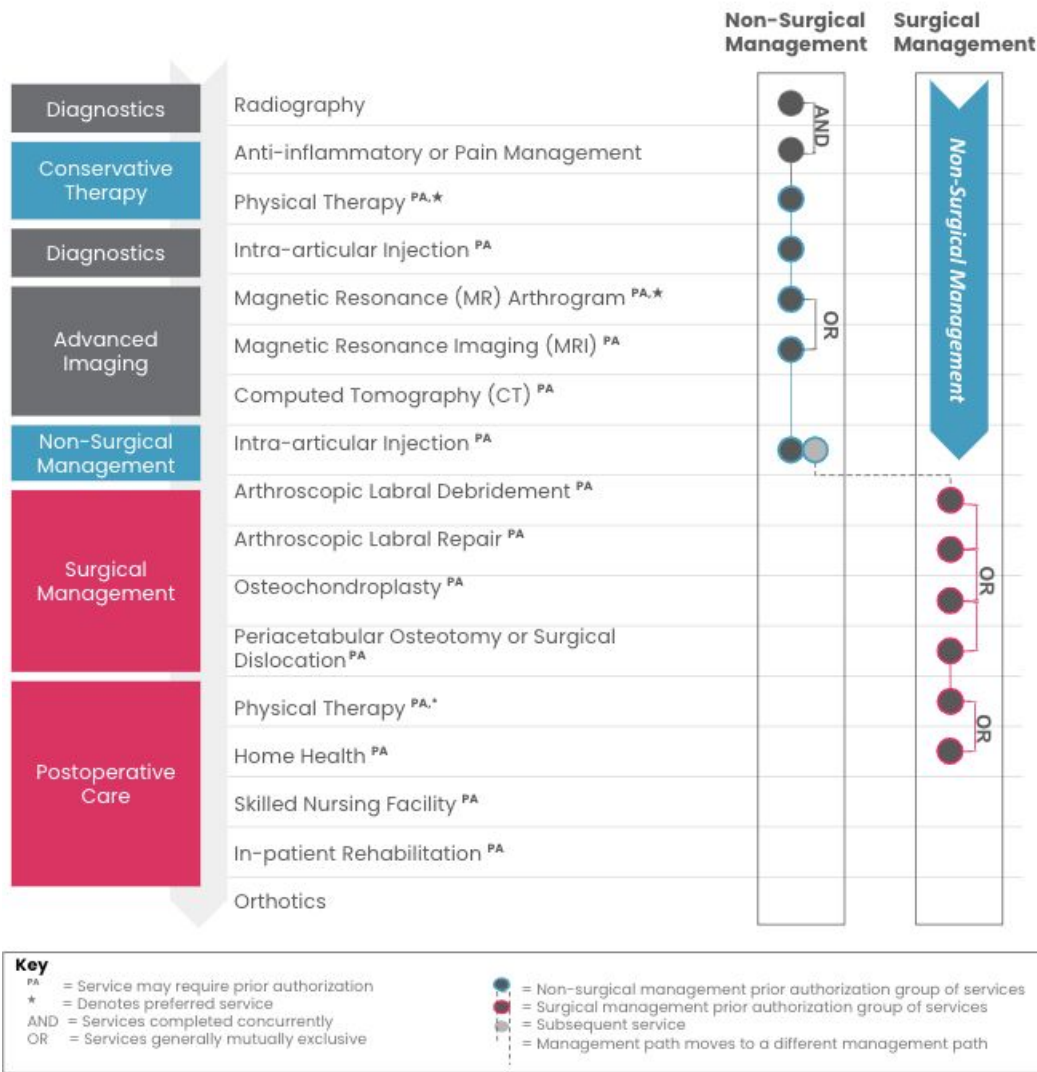
Type: Adult (18+ yo) | Pediatric (0-17yo)

Labral Injuries and Femoroacetabular Impingement (FAI) Care Path Visual

Labral injuries and femoroacetabular impingement (FAI)

What is a "Cohere Care Path"?

These Care Paths organize the services typically considered most clinically optimal and likely to be automatically approved. These service recommendations also include the suggested sequencing and quantity or frequency determined clinically appropriate and medically necessary for the management of most patient care scenarios in this Care Path's diagnostic cohort.



Clinical Questions per Service

Conservative Therapy - Physical Therapy (Initial Request)

1) Which side is symptomatic?

- Left
- Right

2) Which of the following findings were documented at the most recent encounter?

- Pain in hip, groin, buttocks, or thigh
- Clicking, locking, catching, or giving way
- Hip instability
- Discomfort or pain that worsens with activities such as prolonged sitting, prolonged standing, walking, climbing stairs, or running
- Stiffness
- Limping

3) Which of the following physical exam findings were documented at the most recent encounter?

- Limited internal rotation with the hip at 90° of flexion
- Positive impingement test
- FADIR test produces hip pain
- FABER test produces hip pain
- Limited hip flexion and hip abduction
- None of the above

4) What is the patient's Hip Disability and Osteoarthritis Outcome Jr. (HOOS Jr.)? For example, if the patient's score is 36.5%, enter 36.5. (Optional)

Conservative Therapy - Physical Therapy (Subsequent Request)

1) Which side is symptomatic?

- Left
- Right

2) What is the patient's Hip Disability and Osteoarthritis Outcome Jr. (HOOS Jr.) Score after the most recent visit? For example, if the patient's score is 36.5%, enter 36.5. (Optional)

Diagnostics – Intra-articular injection

1) Which side is symptomatic?

- Left
- Right

2) Which of the following findings were documented at the most recent encounter?

- Pain in hip, groin, buttocks, or thigh
- Clicking, locking, catching, or giving way
- Hip instability
- Discomfort or pain that worsens with activities such as prolonged sitting, prolonged standing, walking, climbing stairs, or running
- Stiffness
- Limping
- None of the above

3) Which of the following physical exam findings were documented at the most recent encounter?

- Limited internal rotation with the hip at 90° of flexion
- Positive impingement test
- FADIR test produces hip pain
- FABER test produces hip pain
- Limited hip flexion and hip abduction
- None of the above

4) Has pain persisted for greater than 6 weeks despite conservative management?

- Yes
- No

Advanced Imaging – MRI, MRA, & CT

1) Which side is symptomatic?

- Left
- Right

2) Which of the following findings were documented at the most recent encounter?

- Pain in hip, groin, buttocks, or thigh
- Clicking, locking, catching, or giving way
- Hip instability
- Discomfort or pain that worsens with activities such as prolonged sitting, prolonged standing, walking, climbing stairs, or running
- Stiffness
- Limping

3) Which of the following physical exam findings were documented at the most recent encounter?

- Limited internal rotation with the hip at 90° of flexion
- Positive impingement test
- FADIR test produces hip pain
- FABER test produces hip pain
- Limited hip flexion and hip abduction
- None of the above

4) What did the radiograph show?

- Indicates FAI
- Advanced osteoarthritis
- Normal (no findings)
- No radiograph was performed

5) Has pain persisted for greater than 6 weeks despite conservative management?

- Yes
- No

Surgical Management – Arthroscopic or open debridement

1) Which side is symptomatic?

- Left
- Right

2) Which of the following findings were documented at the most recent encounter?

- Pain in hip, groin, buttocks, or thigh
- Clicking, locking, catching, or giving way
- Hip instability
- Discomfort or pain that worsens with activities such as prolonged sitting, prolonged standing, walking, climbing stairs, or running
- Stiffness
- Limping

3) Which of the following physical exam findings were documented at the most recent encounter?

- Limited internal rotation with the hip at 90° of flexion
- Positive impingement test
- FADIR test produces hip pain
- FABER test produces hip pain
- Limited hip flexion and hip abduction
- None of the above

4) What were the advanced imaging findings?

- Femoral acetabular impingement (FAI)
- Mild degenerative osteoarthritis
- Advanced osteoarthritis
- Ossified labrum
- Degenerative Labral tear
- Loss of chondrolabral junction
- Normal (no findings)
- No advanced imaging was performed

5) Has pain persisted for greater than 3 months despite nonsurgical management?

- Yes
- No

6) Does the patient have any of the following surgical risk factors?

- MRSA that is active or is being treated
- Opioid dependence
- Smoking/nicotine use: refer for smoking cessation
- Oxygen dependent pulmonary disease
- BMI greater than 40; refer for weight loss management
- Renal failure requiring dialysis
- Coagulopathy
- Cardiovascular: unstable angina, recent myocardial infarction, uncontrolled atrial fibrillation or other high-grade abnormal rhythm, severe valvular disease, decompensated heart failure
- Primary pulmonary hypertension
- Anemia: Hemoglobin less than 11 (females); less than 12 (males)
- Diabetes: HbA1c greater than or equal to 8%
- Untreated obstructive sleep apnea: refer for sleep apnea management (CPAP)
- None of the above

7) Did the patient's primary care physician provide preoperative medical clearance for this patient?

- Yes
- No

8) Was the patient referred to a program to manage the selected surgical risks (e.g., smoking or overweight)?

- Yes
- No

Surgical Management – Arthroscopic or open labral repair

1) Which side is symptomatic?

- Left
- Right

2) Which of the following findings were documented at the most recent encounter?

- Pain in hip, groin, buttocks, or thigh
- Clicking, locking, catching, or giving way
- Hip instability
- Discomfort or pain that worsens with activities such as prolonged sitting, prolonged standing, walking, climbing stairs, or running
- Stiffness
- Limping

3) Which of the following physical exam findings were documented at the most recent encounter

- Limited internal rotation with the hip at 90 degrees of flexion
- Positive impingement test
- FADIR test produces hip pain
- FABER test produces hip pain
- Limited Hip flexion and hip abduction
- None of the above

4) What were the advanced imaging findings?

- Femoral acetabular impingement (FAI)
- Mild degenerative osteoarthritis
- Advanced osteoarthritis
- Labral tear
- Loss of chondrolabral junction
- Normal (no findings)
- No advanced imaging was performed

5) Has pain persisted for greater than 3 months despite nonsurgical management?

- Yes
- No

- 6) Does the patient have any of the following surgical risk factors?
- MRSA that is active or is being treated
 - Opioid dependence
 - Smoking/nicotine use: refer for smoking cessation
 - Oxygen dependent pulmonary disease
 - BMI greater than 40; refer for weight loss management
 - Renal failure requiring dialysis
 - Coagulopathy
 - Cardiovascular: unstable angina, recent myocardial infarction, uncontrolled atrial fibrillation or other high-grade abnormal rhythm, severe valvular disease, decompensated heart failure
 - Primary pulmonary hypertension
 - Anemia: Hemoglobin less than 11 (females); less than 12 (males)
 - Diabetes: HbA1c greater than or equal to 8%
 - Untreated obstructive sleep apnea: refer for sleep apnea management (CPAP)
 - None of the above
- 7) Did the patient's primary care physician provide preoperative medical clearance for this patient?
- Yes
 - No
- 8) Was the patient referred to a program to manage the selected surgical risks (e.g., smoking or overweight)?
- Yes
 - No

Surgical Management – Arthroscopic or Open Osteochondroplasty

- 1) Which side is symptomatic?
- Left
 - Right
- 2) Which of the following findings were documented at the most recent encounter?
- Pain in hip, groin, buttocks, or thigh
 - Clicking, locking, catching, or giving way

- Hip instability
- Discomfort or pain that worsens with activities such as prolonged sitting, prolonged standing, walking, climbing stairs, or running
- Stiffness
- Limping

3) Which of the following physical exam findings were documented at the most recent encounter?

- Limited internal rotation with the hip at 90 degrees of flexion
- Positive impingement test
- FADIR test produces hip pain
- FABER test produces hip pain
- Limited hip flexion and hip abduction
- None of the above

4) What were the advanced imaging findings?

- Femoral acetabular impingement (FAI)
- Mild degenerative osteoarthritis
- Advanced osteoarthritis
- Ossified labrum
- Labral tear
- Loss of chondrolabral junction
- Normal (no findings)
- No advanced imaging was performed

5) Has pain persisted for greater than 3 months despite nonsurgical management?

- Yes
- No

6) Does the patient have any of the following surgical risk factors?

- MRSA that is active or is being treated
- Opioid dependence
- Smoking/nicotine use: refer for smoking cessation
- Oxygen dependent pulmonary disease
- BMI greater than 40; refer for weight loss management
- Renal failure requiring dialysis
- Coagulopathy

- Cardiovascular: unstable angina, recent myocardial infarction, uncontrolled atrial fibrillation or other high-grade abnormal rhythm, severe valvular disease, decompensated heart failure
- Primary pulmonary hypertension
- Anemia: Hemoglobin less than 11 (females); less than 12 (males)
- Diabetes: HbA1c greater than or equal to 8%
- Untreated obstructive sleep apnea: refer for sleep apnea management (CPAP)
- None of the above

7) Did the patient's primary care physician provide preoperative medical clearance for this patient?

- Yes
- No

8) Was the patient referred to a program to manage the selected surgical risks (e.g., smoking or overweight)?

- Yes
- No

Surgical Management – Periacetabular Osteotomy / Surgical Dislocation

N/A

Post Acute Care- Physical Therapy (Initial Request)

1) Which side is symptomatic?

- Left
- Right

2) What is the patient's Hip Disability and Osteoarthritis Outcome Jr. (HOOS Jr.)? For example, if the patient's score is 36.5%, enter 36.5. (Optional)

Post Acute Care- Physical Therapy (Subsequent Request)

1) Which side is symptomatic?

- Left
- Right

2) What is the patient's Hip Disability and Osteoarthritis Outcome Jr. (HOOS Jr.) Score after the most recent visit? For example, if the patient's score is 36.5%, enter 36.5.

Post Acute Care - Rehabilitation - Inpatient

N/A

Post Acute Care - Skilled Nursing Facility

N/A

Post Acute Care - Home Health Care

N/A