



The Prevalence of Femoroacetabular Impingement Syndrome (FAIS) in Gaelic games

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Introduction:

Hip and groin pain is prevalent in elite Gaelic games (2.3-14.4%)^{1,2,3}

Surgery for FAIS increased from 80 in 2007 to 314 in 2014 (a rise of 392%) but prevalence of FAIS in Gaelic games is unknown

A. Establish the prevalence of FAIS in Gaelic games players

B. Examine the views of medical professionals on the prevalence of FAIS in Gaelic Games

Methods:

A. Players from multiple codes, age grades + levels self-reported FAIS diagnoses⁴ within the last year via survey

B. Surveyed Physiotherapists affiliated with teams

Distributed online via mailing list (ISCP+CPSEM)

Distributed at training sessions and online

- Average monthly FAIS diagnoses
- Views on FAIS prevalence trends over last 5 years

- Annual Prevalence of FAIS
- Gender crude odds ratio

Findings:

A. 775 players (438=males; 337=females)

- **Annual Prevalence FAIS: 8/775(1%); 8/425 hip/groin cases(1.9%)**
- FAIS 1.3x more likely to be reported in males (0.9% v 1.1%)

B. 51 Physiotherapists (13.2±7.9 yrs experience)

Figure 1: Distribution of Physiotherapist responses to average number of players diagnosed with FAIS per month

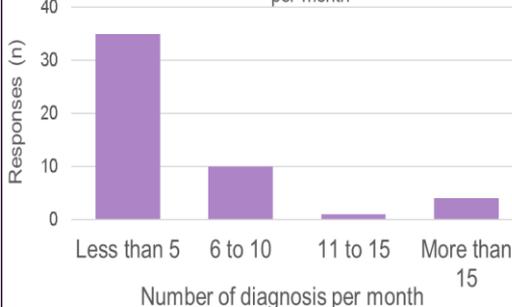


Table 1: Physiotherapist opinions on FAIS prevalence trends in last 5 years

| Increase | Decrease | No change | Not sure |
|---|---|-----------|----------|
| 72% | 8% | 14% | 6% |
| Reasons for increase: <ul style="list-style-type: none"> ▪ Improved Imaging ▪ Poor management of training load ▪ Access to specialist services ▪ Popularity of diagnosis ▪ Over diagnosed | Reasons for decrease: <ul style="list-style-type: none"> ▪ Improved Imaging ▪ Improved management of training load ▪ Better understanding of pathology ▪ Increased caution in confirming diagnosis | | |

Conclusion:

- FAIS prevalence rates are **low** but potentially **rising** in Gaelic Games
- Advancements in **diagnostic techniques, awareness of FAIS** and **training overload** attributed to increased frequency of diagnosis
- Consistency in physiotherapist and player reports of FAIS prevalence
- Further exploration of **player and medical professional experiences** of FAIS is needed to better understand the impact of the condition on players and to inform future management approaches