

Why do hip experts sometimes recommend different treatments?



And why that doesn't mean
someone is wrong.

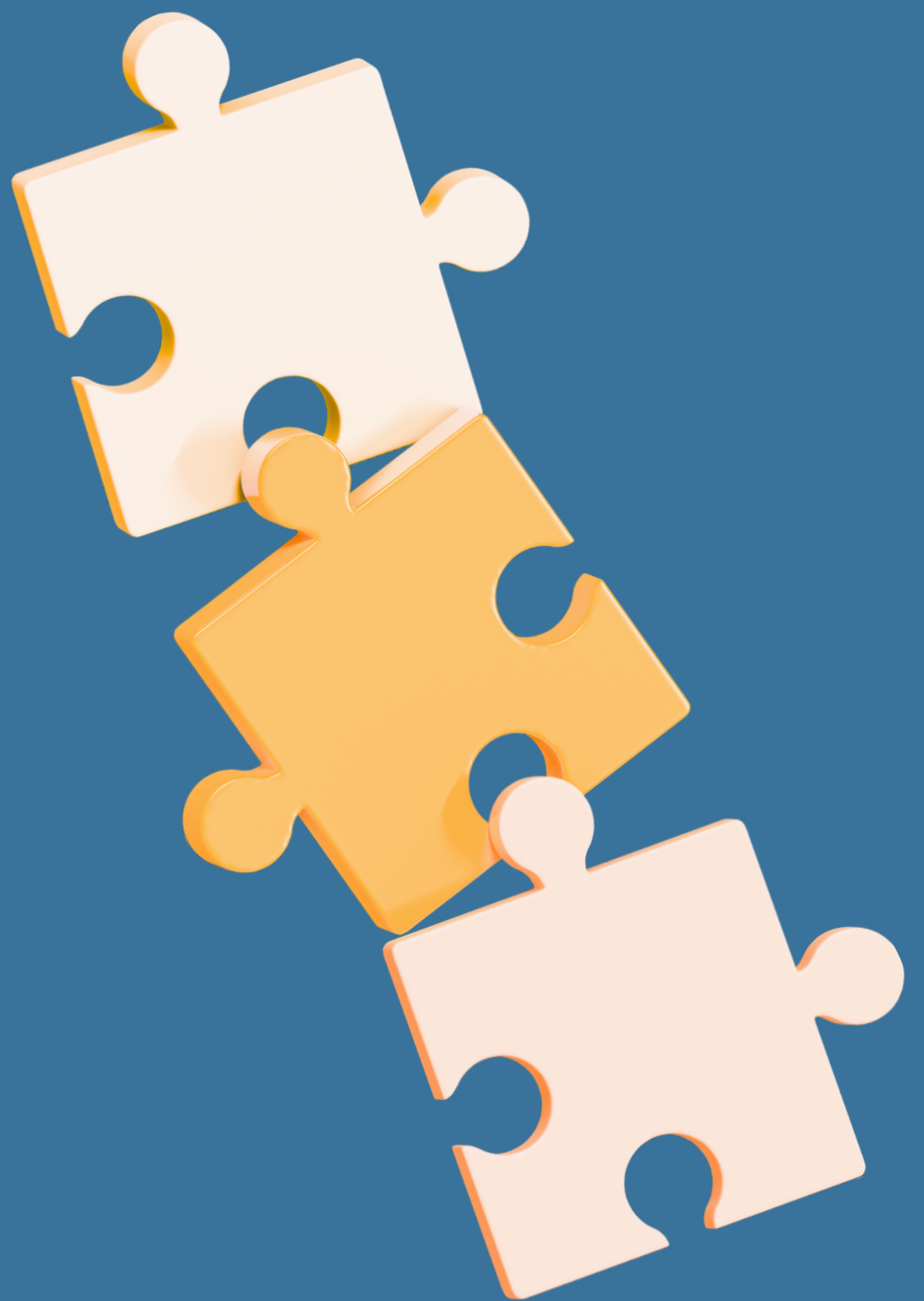
**A diagnosis is not a
treatment plan.**



**Two people can both have “hip dysplasia” and still
need very different care.**

Hip dysplasia is complex and treatment decisions depend on MANY factors.

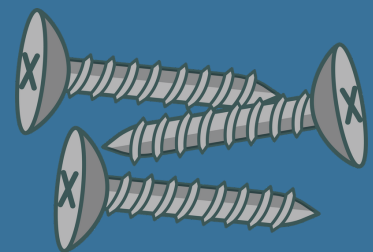
- Anatomy
- Cartilage
- Instability
- Version
- Age
- Arthritis
- Pain Source
- Goals
- Activity Level
- Prior Surgery
- Preferences
- Hypermobility
- Recovery Tolerance



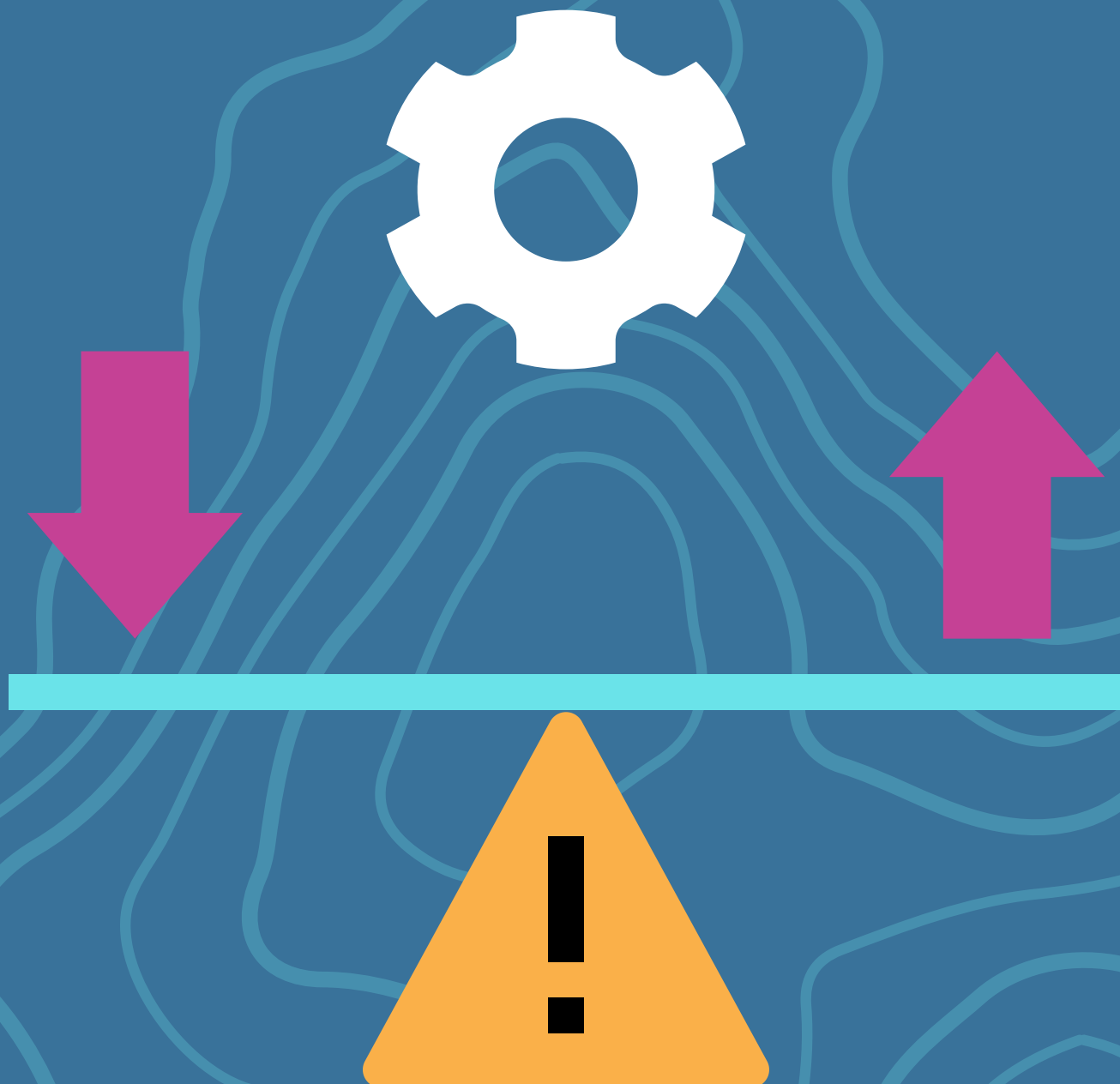
There is often more than one reasonable treatment option.

Examples:

- Activity modification,
- Pain medication,
- Physical therapy,
- Injections,
- Arthroscopy,
- PAO surgery,
- Femoral osteotomy,
- Combined surgery,
- Hip replacement,
- Watchful waiting...



Medicine often involves
balancing probabilities,
tradeoffs, and individual
priorities.



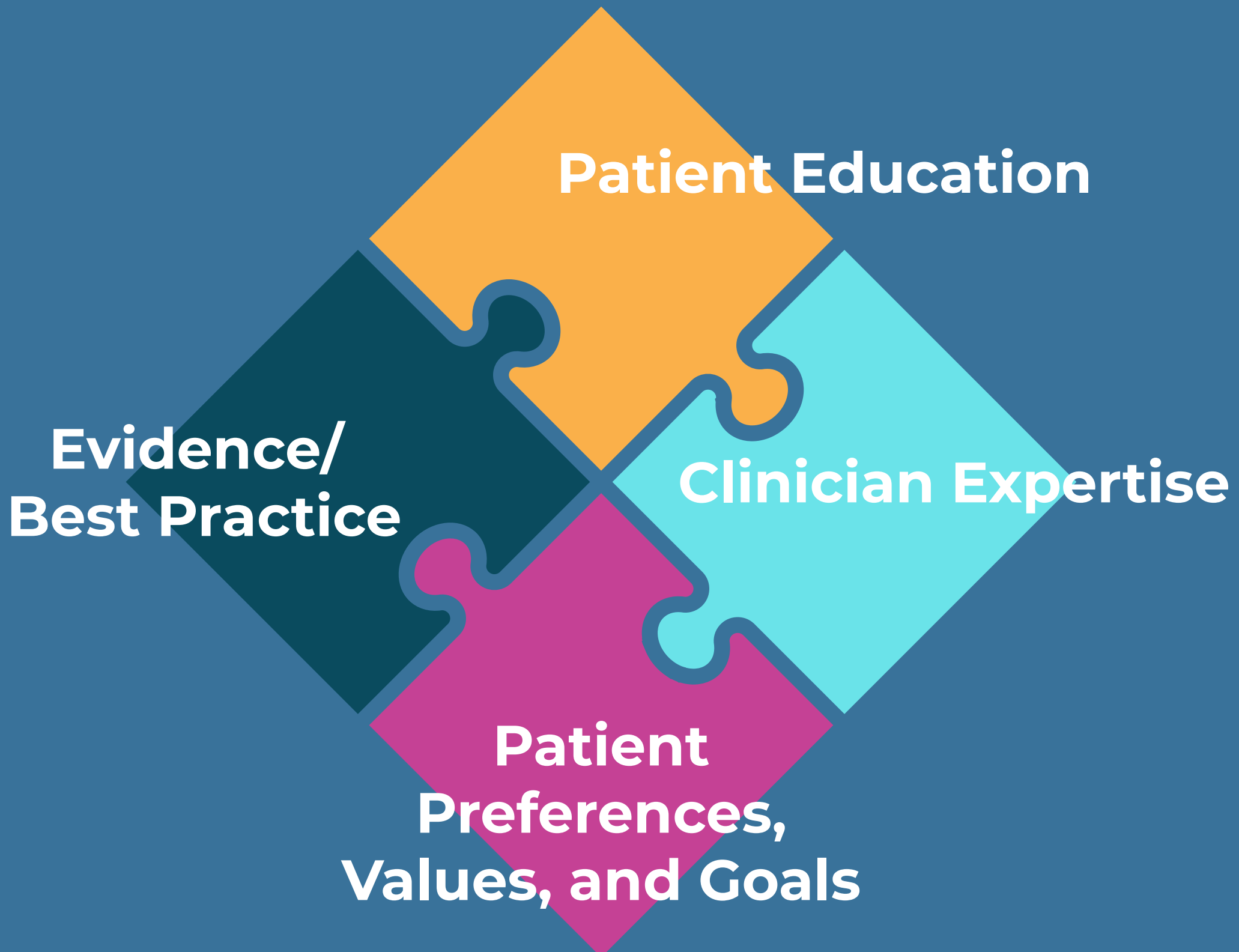
Different recommendations may also reflect:

- Areas where research is still developing
- Differences in risk tolerance
- Different training, mentoring, and care philosophies
- Different imaging interpretation
- Different clinical experiences
- Different beliefs about outcomes/prognosis
- Different philosophies around the best timing for treatment



Shared decision-making between patients and their care teams matters.

Good decision-making includes:



Some questions to help understand differing opinions:

- Is there more than one reasonable treatment option?
- What factors do you weigh when making treatment recommendations?
- Where does the evidence strongly support your recommendation? Where is it limited or evolving?
- How variable are treatment recommendations for patients like me?
- What are the short-term versus long-term trade-offs for me with different treatments?
- How might another clinician with a different philosophy approach my situation?

Different opinions can be frustrating.

But they can also mean:

- Your case is nuanced.
- More than one treatment path may be reasonable.
- Medicine is not always black and white.



The goal isn't to figure out the one "right" opinion.

The goal is to make the most informed decision *for YOU*.