

## **THE HIPS OF SPORTS PLAYERS**

*J.F. Commandré*

*This very informative article on the hips of sports players is the fruit of the very long experience of a team of highly specialised sports doctors.*

*A very exact study was carried out on the physiopathology of cartilaginous lesions of the hip, and in particular on the role of micro traumas, repetitive macro traumas and on the resistance capacity of the cartilage.*

*The data in the literature show that osteoarthritis, generally in sports players, and of the hip in particular, is more frequent in some sports than in the general population (10 times more frequent), and that it appears at an earlier age (10 years earlier).*

*The clinical characteristics and medical imagery are referred to in order to detail the distinguishing features of this early, disabling, often bilateral osteoarthritis.*

*Some predisposing factors are analysed, in particular cotyloid dysplasias, discreet epiphyseal slipping in adolescent sports players and lesions of the cotyloid cavity.*

*The osteophytic hips of sports players are a frequent particular aspect with discreet functional repercussions and well tolerated. Some uncertainty remains regarding what becomes of these enthesopathic lesions.*

*These lesions in the hips of sports players pose the problem of overuse of the joints observed in some sports which are played from an early age and intensively.*