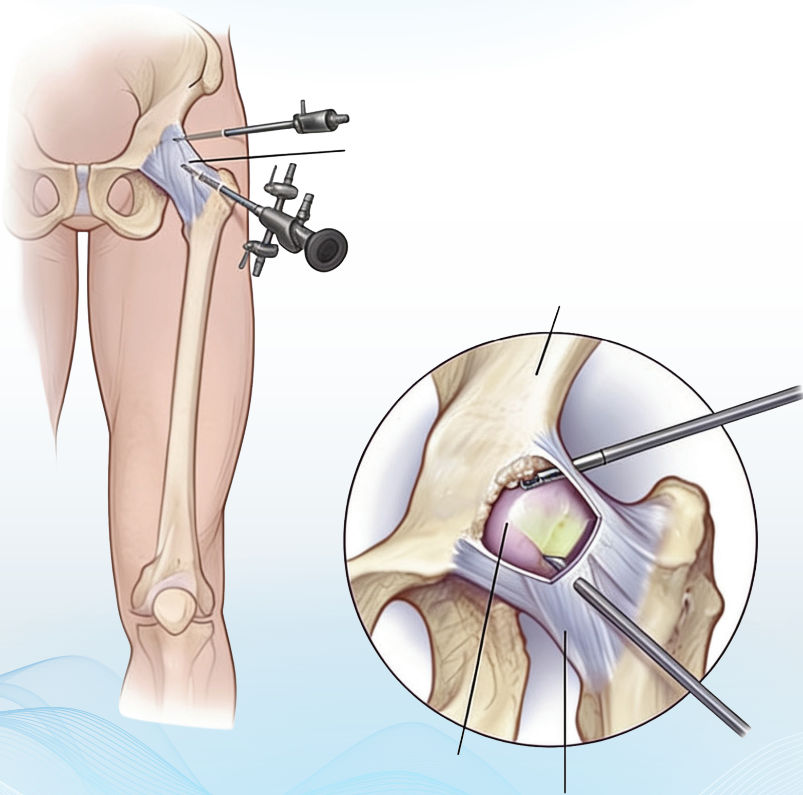


HIP ARTHROSCOPY (HIP SCOPE)

Patient Information Guide



Preserving Your Natural Hip.
Restoring Your Active Life.

What is Hip Arthroscopy?

Hip Arthroscopy, also known as Hip Scope, is an a minimally invasive advanced keyhole surgical procedure used to diagnose and treat conditions within the hip joint through very small incisions.

Using a high-definition arthroscopic camera and specialised surgical instruments, the surgeon can visualise and treat hip conditions with minimal disruption to surrounding muscles and tissues.

Key Advantages

- ✓ Smaller wounds
- ✓ Reduced pain and scarring after surgery
- ✓ High precision diagnosis and treatment
- ✓ Faster recovery
- ✓ Earlier return to activities
- ✓ Improved joint preservation
- ✓ Reduced soft tissue trauma

Why Hip Pain is Often Missed?

Hip problems are commonly mistaken for:



Lower back pain



Muscle strain



Groin injury



Sciatica



Sports overuse injuries

Some patients may even have normal early X-rays despite significant symptoms. Early assessment by a hip specialist is important to prevent:



Progressive cartilage damage



Reduced mobility



Joint deterioration



Early arthritis

Signs You Should See A Hip Specialist

Consider an assessment if you experience:

- + Hip or groin pain when sitting, squatting, or exercising
- + Clicking, locking, or catching sensations
- + Reduced hip flexibility
- + Pain after prolonged walking
- + Difficulty crossing legs
- + Persistent symptoms despite physiotherapy
- + Pain affecting daily life, work, or sports

Who May Benefit?

You may benefit if you experience:

- ✓ **Persistent hip or groin pain** during walking, sitting, sports, or daily activities.
- ✓ **Femoroacetabular impingement (FAI)** causes abnormal bone contact, pain, and cartilage damage.
- ✓ **Labral tear** involving damage to the cartilage rim, causing clicking, locking, or instability.
- ✓ **Sports-related hip injuries** among athletes and active individuals.
- ✓ **Hip stiffness or reduced motion**, such as difficulty bending, rotating, squatting, or sitting comfortably.
- ✓ **Mechanical symptoms** such as clicking, catching, locking, or giving-way sensations.
- ✓ **Early hip cartilage damage**, where joint preservation is still possible before advanced arthritis develops.

Why Early Assessment Matters?

Early diagnosis and treatment may help:



Preserve the natural hip joint



Maintain mobility and flexibility



Prevent worsening cartilage damage



Improve long-term outcomes



Delay arthritis progression



Reduce chronic pain

Early intervention often leads to better recovery and improved joint preservation.

How is Hip Arthroscopy Performed

Step 1

Clinical Assessment & Advanced Imaging

Step 2

Keyhole Access Through Small Incisions

Step 3

High-Definition Arthroscopic Visualisation

Step 4

Precise Surgical Treatment

Step 5

Structured Rehabilitation & Recovery

Recovery Timeline

Day 1–2: Walking with support and early mobilisation.

Week 2–6: Physiotherapy and gradual mobility recovery.

6 Weeks–3 Months: Progressive return to low-impact activities.

3–6 Months: Return to sports based on individual recovery and condition treated.

*Recovery varies according to each patient and surgical condition.

Frequently Asked Questions (FAQ)

Q: Is Hip Scope painful?

A: Most patients experience less pain compared to traditional open surgery due to the minimally invasive approach.

Q: How long is the surgery?

A: Procedure duration varies depending on the condition treated.

Q: When can I walk again?

A: Many patients begin walking with support shortly after surgery.

Q: Will I need physiotherapy?

A: Yes. Rehabilitation is an essential part of recovery.

Q: Can Hip Scope prevent arthritis?

A: Early treatment may help slow joint deterioration and preserve the natural hip.

Q: When can I return to sports?

A: Returning to sports depends on recovery progress and the specific condition treated.

Why Choose Us

Specialised Hip Arthroscopy Expertise

- + Highly complex, minimally invasive hip procedure
- + Requires advanced surgical skill and deep hip joint expertise
- + Performed only by trained hip preservation specialists
- + Available only at selected specialised centres worldwide

Multidisciplinary Care Team

For optimal recovery and patient outcomes, we provide integrated care by a dedicated specialist team involving:

- | | |
|-------------------------------|---------------------------|
| + Orthopaedic surgeons | + Rehabilitation team |
| + Sports medicine specialists | + Radiologists |
| + Physiotherapists | + Pain management support |

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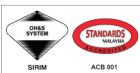
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