

## Peroneal Padding: An Alternative to a Peroneal Post in Hip Arthroscopy

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**Abstract:** Hip arthroscopy is commonly used both to diagnose and treat different underlying hip conditions. It may be performed either by a supine or lateral approach. A peroneal post is commonly used with a fracture table in both the supine and lateral positions to provide lateralization and traction of the femur. Adequate distraction of the hip joint may be difficult without the peroneal post. We achieved an effect similar to that of a peroneal post using a simple technique of peroneal padding. A long cushioning jelly bag is first wrapped around the peroneal post. It is then fixed by taping and further secured by bandaging. The patient is positioned so that the femur lies against this peroneal padding to provide optimal lateralization of the femur. Distraction of the hip joint is then performed by traction of the femur. We believe peroneal padding is a simple technique that allows adequate lateralization and good positioning of the femur. **Key Words:** Hip—Arthroscopy—Traction—Supine—Peroneal.

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**H**ip arthroscopy is used commonly to both diagnose and treat hip conditions. Both supine<sup>1-4</sup> and lateral approaches<sup>5-7</sup> have been described for the procedure. A peroneal post is commonly used in both supine and lateral approaches to provide adequate lateralization and thus traction of the femur. This traction is important to prevent complications that may arise from the use of a fracture table, such as peroneal maceration or pudendal nerve palsy<sup>8</sup> secondary to prolonged traction. Adequate lateralization and traction of the femur may be difficult without the

peroneal post in a fracture table. In our center, in which the peroneal post is not available, we use a simple technique of peroneal padding to achieve a similar effect.

### SURGICAL TECHNIQUE

Our technique of peroneal padding is as follows:

1. Hip arthroscopy is performed in the supine position using either a general or spinal anesthetic.
2. A long cushioning jelly bag is wrapped around the peroneal post first and secured by taping it to the peroneal post (Fig 1).
3. The peroneal padding is further secured by wrapping the padding and the peroneal post together with bandages (Fig 2).
4. Patient is positioned so that the medial aspect of the femur lies directly on the peroneal padding, and the foot is secured by strapping it to the fracture table (Fig 3).

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0749-8063/03/1909-3606\$30.00/0  
doi:10.1016/S0749-8063(03)00835-1



**FIGURE 1.** Clinical photograph of the long jelly bag being wrapped around the peroneal post.

5. A final check on the patient is performed to ensure that the perineum is free from any pressure points.
6. Traction is applied through the fracture table.
7. Hip arthroscopy is performed in the usual manner.

### DISCUSSION

Good positioning of the patient is necessary for hip arthroscopic procedures. Distraction may be achieved by distention of the joint,<sup>9</sup> or more commonly by traction on a fracture table. Lateralization of the femur, by means of a peroneal post, is important to provide a lateral vector force to the traction and thereby adequate distraction.

The supine position is used in our center for performing hip arthroscopy. We describe a simple technique of peroneal padding to achieve comparable good positioning of the hip. With the use of this



**FIGURE 2.** Peroneal post after securing padding and bandages.



**FIGURE 3.** The peroneal padding lies against the medial surface of the femur on the fracture table.

simple technique, we can perform the procedure satisfactorily with a conventional fracture table. In our center, hip traction is limited to 2 hours. A tensiometer is not routinely used, and we have not encountered any problems.

Different sizes of peroneal post may also be used to provide variable degrees of lateralization of the femur. A bigger patient may require a corresponding larger cushioning jelly bag to achieve a greater degree of femur lateralization. This technique provides a simple alternative to the peroneal post. This is particularly important when hip arthroscopy is performed in centers in which a peroneal post is not readily available and must be done on a simple fracture table.

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