



Ligamentum Teres Test

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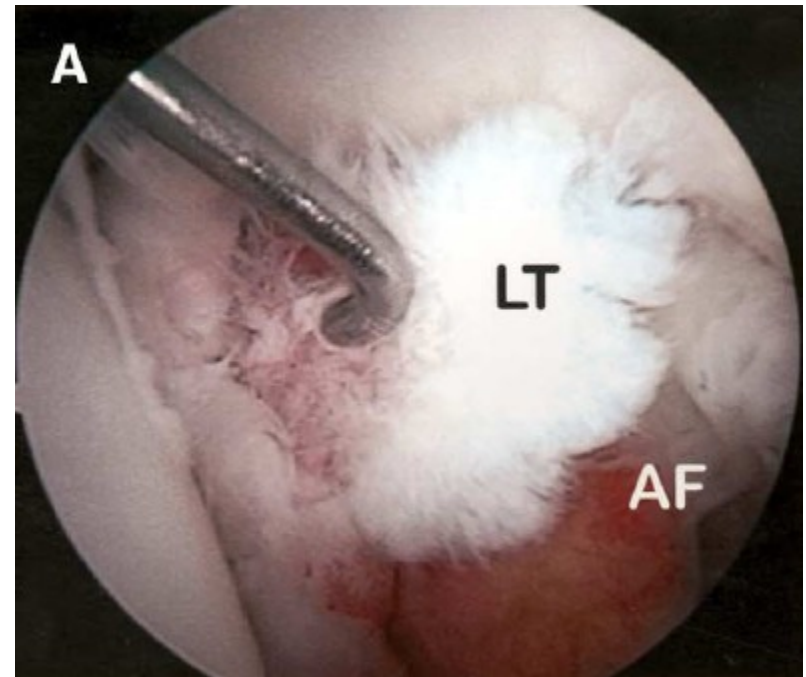
Co - Authors

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Ligamentum Teres Tears

8-15% of patients with chronic groin pain ^(1, 2)

- Currently no reliable examination ^(1, 3)
- History of pain, click/clunk +/- instability is not specific



Ligamentum Teres Tears

MRI findings are currently unreliable (1, 2)

- Arthroscopy is the only reliable means of diagnosis
- Surgical complication rate of 1.6-5% (4)



LT Test

Aim is to

- Define a simple reproducible and reliable test for diagnosis of LT tears
- Assess the Sen/spec, interrater reliability and Positive and Negative predictive values of the LT test

LT Test

- The hip is placed into a position to avoid bony or soft tissue impingement

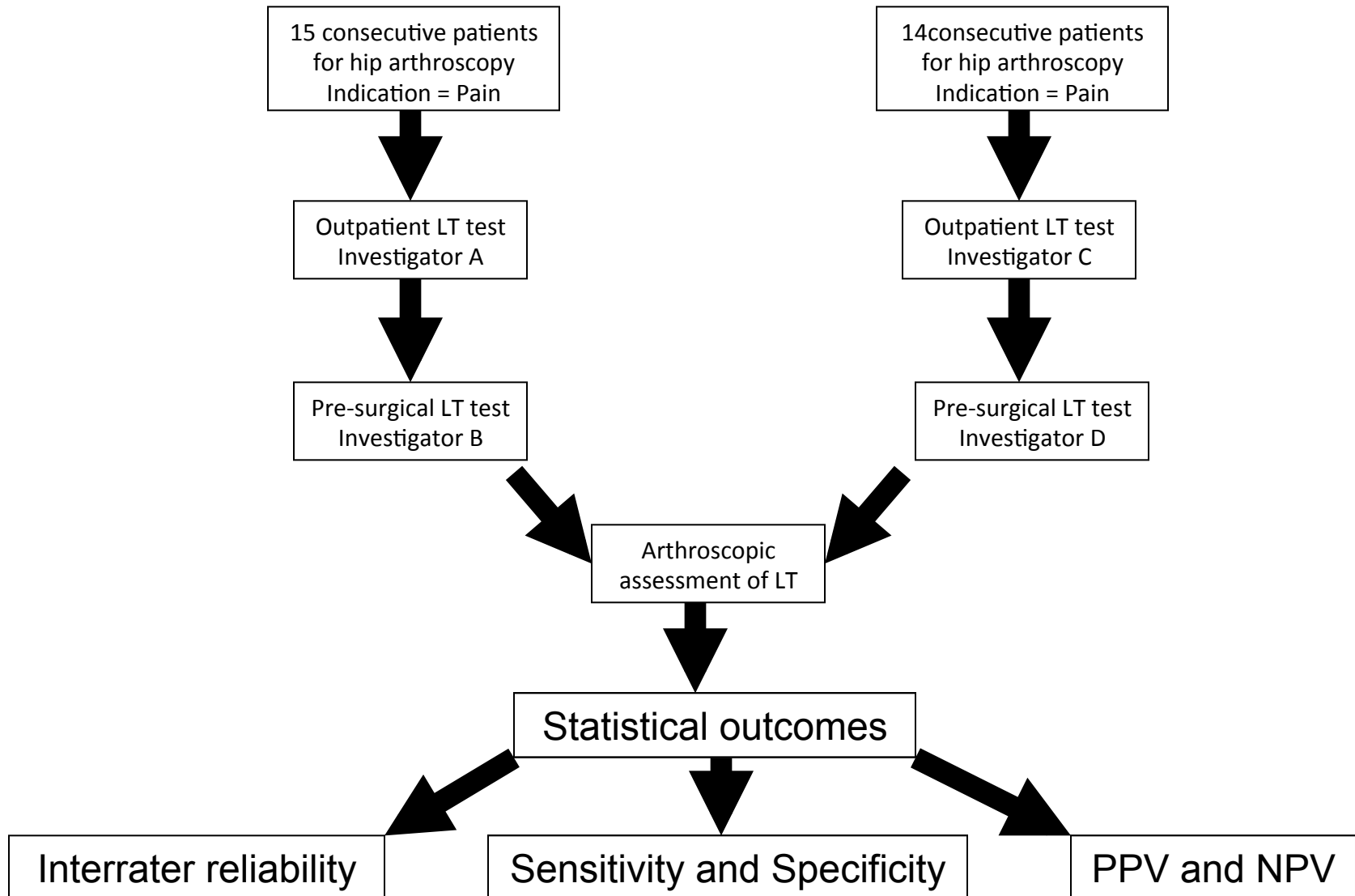
- LT Test
 - Supine
 - Knee flexed to 90 degrees
 - Mid range flexion
 - Mid range abduction
 - Moved through full range of IR and ER
 - Positive test – Presence of pain on rotation

Exclusion Criteria

- Contralateral pain
- Multiple joint involvement
- Back Pain
- Knee pain
- Fixed flexion deformity of the hip
- Failure to consent

Inclusion Criteria

- >3 months hip or groin pain
- Indication for hip arthroscopy
 - Eg Labral tear, FAI, RIM lesion



Results

	Scope Positive	Scope Negative	Total
Test Positive	14	4	18
Test Negative	2	9	11
Total	16	13	29

Ligamentum Teres Pathology

	Synovitis	Grade 1 (complete tear)	Grade II (Partial Tear)	Grade III (Degenerative tear)
LT test - Positive Arthroscope Positive	5	0	7	2
LT test - Negative Arthroscope - Negative	1	0	1	0

Statistics

- Sensitivity – 83%
- Specificity – 90%
- Positive predictive value – 93%
- Negative predictive value – 77%
- Kappa value - 0.72 +/- 0.18 (Moderate - substantial agreement)

Limitations

- High proportion of LT tears compared to previous reports (55% compared to 15%)
- Population – other intra-articular pathology, Sporting population
- New diagnostic criteria
- Bias

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3. Rao, J Zhou, Y, Villar RN. Injury to the ligamentum teres. Mechanism, Findings, and Results of Treatment Clinics in Sports Medicine Vol 20 No 4 (OCT) 2001, pp-791-799
4. Michael J. Keogh and Mark E. Batt: A Review of Femoroacetabular Impingement in Athletes Sports Med 2008; 38 (10): 863-878
5. Landis, J.R. and Koch, G. G. (1977) "The measurement of observer agreement for categorical data" in *Biometrics*. Vol. 33, pp. 159—174