Single Portal Arthroscopy of the Central Compartment of the Hip

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Single portal arthroscopy of the hip is a novel technique that is ideal for the orthopaedic surgeon who is new to hip arthroscopy. Arthroscopy solely through the anterolateral portal affords the surgeon access to the anterior and superior aspect of the joint, where the majority of hip pathology lies. By eliminating the need for additional portals, surgical risks such as potential iatrogenic trauma are significantly reduced. This technique video demonstrates the establishment of an anterolateral portal and how to treat hip pathology through a single portal. The surgeon, however, maintains the ability to add additional portals if the case requires more technical procedures than the single portal system will allow.