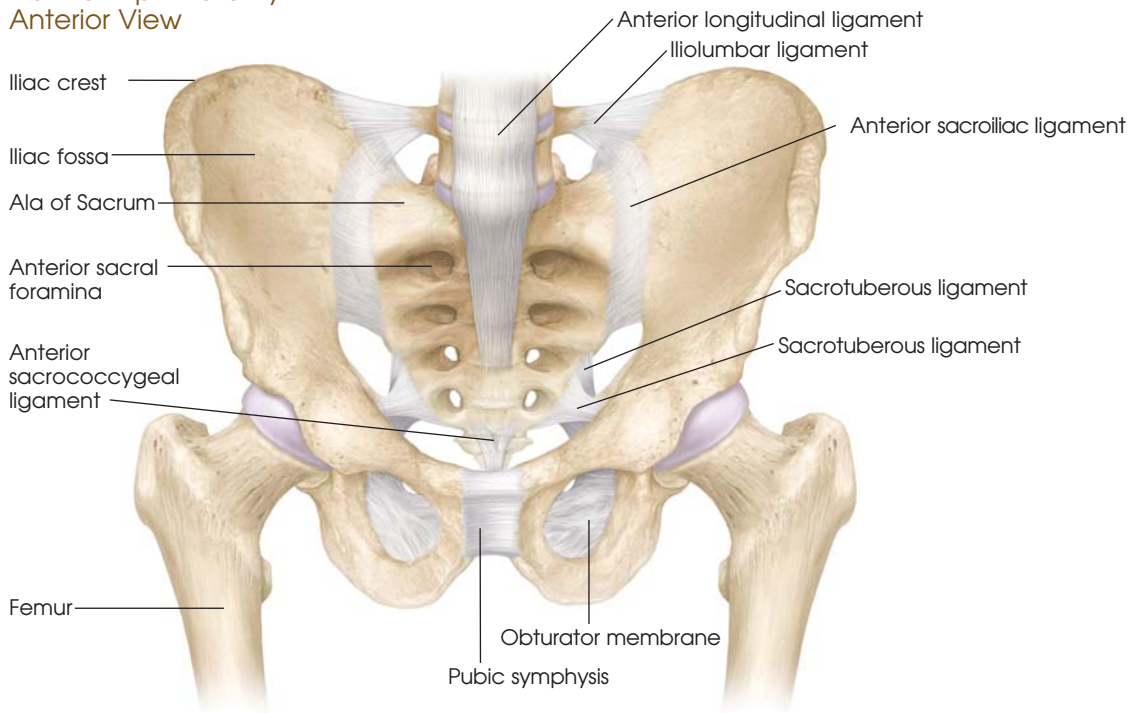
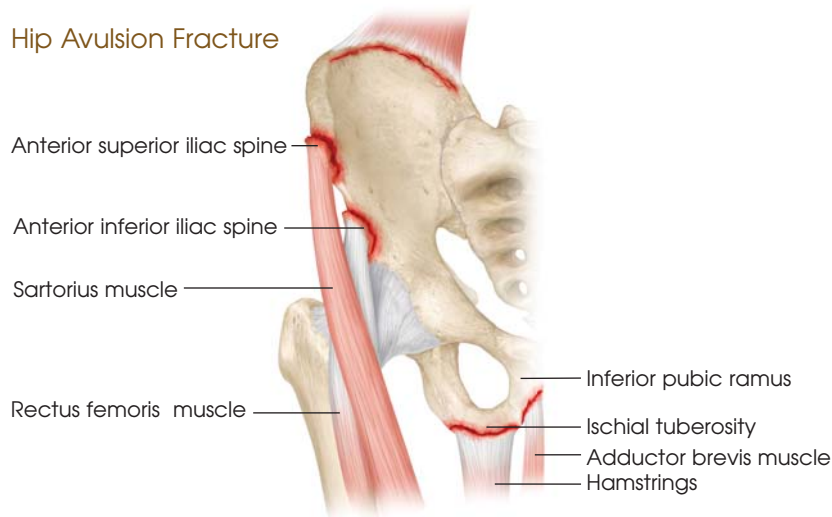


# Hip (Pelvic) Avulsion Fracture

Normal Hip Anatomy:  
Anterior View



Hip Avulsion Fracture



**Hip (Pelvic) Avulsion Fracture** occurs when a tendon or ligament that is attached to the hip is pulled so hard that a piece of the hip bone breaks off. Hip avulsion fracture can happen during activities that require explosive starts and quick stops such as sprinting, hurdling, soccer, tennis or football. Symptoms of hip avulsion fractures include sudden pain, popping at the joint or groin, tenderness and swelling.

## Common Treatment Options

- Rest.
- Apply ice packs to the hip for 20-30 minutes every 3-4 hours for the first 2-3 days until the swelling decreases.
- Crutches may be used during recovery.
- Avoid taking anti-inflammatory medicine and smoking, as they delay bone healing.
- Surgical repair may be required if the injury is severe and the fragment is significantly displaced.

