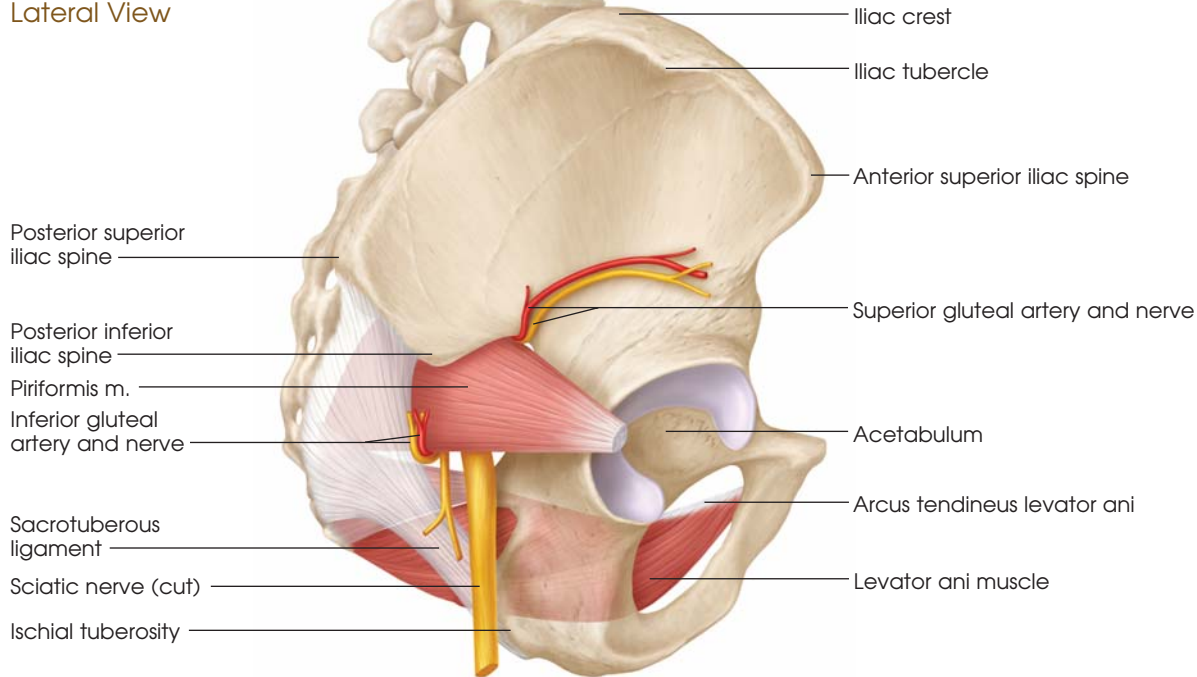
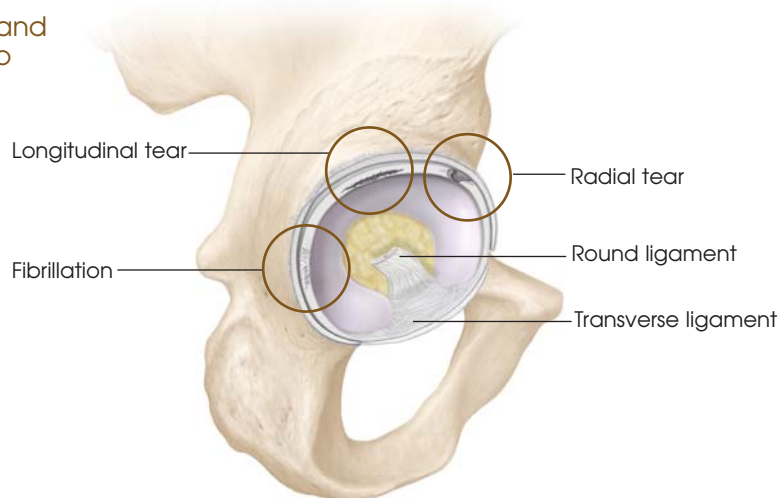


Labral Injuries & Tears of the Hip

Normal Pelvis Anatomy:
Lateral View



Labral Injuries and
Tears of the Hip



Labral Injuries and Tears of the Hip affect the acetabular labrum, the ring of cartilage that attaches to the acetabulum (hip socket). Some common causes include wear and tear to the joint due to the twisting or pivoting in sports such as soccer or football, hip dysplasia (an abnormality present at birth) or degeneration of the hip joint. Symptoms of this injury include sharp hip pain, clicking or locking or feeling that the hip is “giving away.”

Common Treatment Options

- Rest, followed by a gradual return to weight-bearing activity.
- Attend physical therapy sessions for stretching programs to optimize flexibility.
- Work on core strengthening and balance of the muscles about the hip.
- Corticosteroid injections or pain medications as recommended by your physician.
- Arthroscopic surgical repair may be required – either debridement (cleaning up the joint by removing damaged tissue) or repair of the torn labrum.

