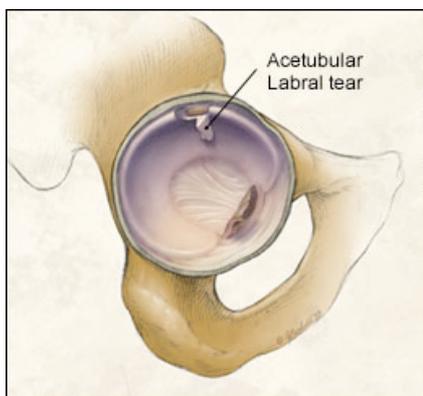


# Hip Pain

## Labrum Tear

### **Description:**

Normally a lip of cartilage surrounds the outer aspect of the hip socket (acetabulum). This cartilage can be torn causing hip pain. Causes may include femoral-acetabular impingement, capsular laxity, dysplasia, and trauma. Tears may occur at any age, however they are more common in adolescents and middle-aged patients.



### **Symptoms:**

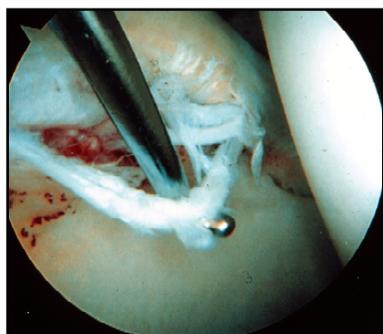
Patients often complain of a sharp, pinching pain with certain hip positions such as hip flexion and rotations activities. Pain may be associated with a painful hip click.

### **Diagnosis:**

Your doctor will perform a comprehensive physical examination. Additional tests may be performed to rule out other possible injuries. These tests may include x-rays and magnetic resonance imaging (MRI).

### **Treatment:**

Depending on the size, location, and cause of the tear, the labrum may heal on its own or require surgery. Your doctor may recommend a course of rehabilitation. If symptoms persist, you may be indicated for an arthroscopic evaluation and treatment of the tear.



Labrum Tear



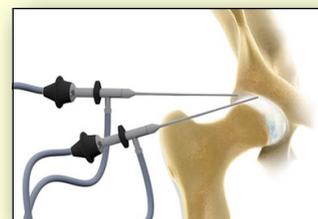
Repaired Tear with Suture

### **Surgical Treatment**

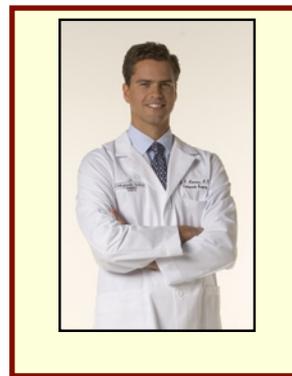
Surgery is performed arthroscopically with the insertion of an arthroscopic camera through minimally-invasive portals. The labrum can then be visualized and can be repaired or debrided. Repair may entail the insertion of a suture across the tear or a suture anchor that is placed into the bone and used to tie the labrum back to the bone. The cause of the tear and other problems can also be repaired arthroscopically.

In the case of hip impingement, a prominent bony spur might be removed from the acetabulum or femur neck to prevent further labrum tears.

Furthermore, areas of exposed bone or deficient cartilage can be repaired.



The surgery is performed on an outpatient (day surgery) basis, so an overnight stay in the hospital is not usually necessary. Rehabilitation is essential after surgery.



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