



Sara Gordon & Associates

Physiotherapy Newsletter

Hip Labral Tear

The socket of the hip joint that the thigh bone sits in is called the acetabulum. This is lined by a ring of cartilage called the labrum. The labrum supplies cushioning and support for the hip joint. A tear can occur in the labrum and is also known as a hip labral tear or acetabular labral tear. Tears to the labrum are being diagnosed more and more now due to the improvements and wider availability of MRI scans. This is the most accurate way diagnose a labral tear.

How do I know if I've got this?

- Pain in the hip or groin.
- A clicking or locking of the hip joint.
- Stiffness and restricted movement of the hip.
- Symptoms may come on suddenly after an incident.
- Symptoms may also gradually develop and progressively degenerate.

How have I done it?

- Trauma such as traffic accidents, collisions and bad falls.
- Falling on to the outside of the hip.
- Twisting on a hip that has a lot of weight on it.
- Repetitive strain on the hip for example in golfers or runners.
- Impingement of the labrum in activities such as cycling, horse riding and martial arts.

What is the Treatment?

- Treatment usually requires surgery via an arthroscopy (key-hole surgery). The torn part of the labrum is removed.
- Prior to surgery it is advisable to see a physiotherapist to get a good “pre-hab” regime of exercises to strengthen the gluteals and core stability.
- A rehabilitation program should be followed after surgery to restore full strength and movement to the hip joint and prevent further injuries or instability.
- Generally results from this procedure are very good.
- If left the injury could degenerate into a worn hip joint.

