

Hip Pain and the Labrum: The Root of the Problem



With many individuals today leading such active lifestyles, hip problems related to the labrum have become a common complaint at the doctor's office. If you have been diagnosed with this problem, you may still have some confusion regarding the dynamics of the pain and why it occurs.

Just like the meniscus of the knee, the labrum is comprised of fibrous tissue that follows the curved area of the femur and joins the pelvis, forming the hip joint. The labrum provides cushioning for the hip joint and maintains the ball's positioning in the socket. **Labral tears can occur from sports injuries or conditions such as osteoarthritis.** In particular, golfers tend to experience hip pain related to the labrum. Tears and other labrum

injuries are detectable by magnetic resonance imaging, which allows your physician to accurately identify and treat any problems.

Treatment for hip pain from the labrum usually involves one or more of the following:

- **Physical therapy;**
- **Nonsteroidal anti-inflammatory drugs (NSAIDs);**
- **Corticosteroid injections; and/or**
- **Surgery.**

We can help design a program that best fits your treatment needs based on the severity and presentation of the pain and damage done to the labrum. A program of specific exercises can help you regain your strength, flexibility and range of motion. Your doctor may recommend NSAIDs or corticosteroid injections to help minimize the pain and reduce inflammation. If surgery is necessary for treatment, we will help you properly recover from the procedure with minimal difficulty, restoring your range of motion and increasing your muscle strength.

Whichever method you choose, we will help guide you through your activities to help prevent this painful condition from happening again. Fortunately, most people who obtain treatment for hip pain related to the labrum will experience relief and regain proper function.