



Hip Labral Tears

What is a labral tear?

The labrum is a tough rim or cartilage in the hip joint to deepen the ball and socket joint and help stabilize the hip. It can tear from a traumatic injury or repetitive activities (like twisting, cutting, squatting maneuvers). Sometimes, hip labral tears are associated with congenitally abnormal shaped hips (Femoro-acetabular Impingement). Also, degenerative arthritis of the hip often causes degenerative shredding of the labrum.



Conservative Tx:

- NSAIDs, rest from aggravating factors
- **Physical therapy** – hip strengthening, motion. The mainstay of treatment!
- Low impact exercises – stationary bike, elliptical, swimming, Aquafit

Injection Therapies:

- Traditional injections: Cortisone injections in hip joint – reduce inflammation in joint
- Experimental injections: Visco-supplementation injections (lubricating gel), Platelet Rich Plasma (PRP), and Stem Cell therapy

Do I need surgery?

Many patients can cope with conservative options. However, surgery is sometimes recommended for patients who are young, active, and participate in a lot of running and cutting sports. Very few Orthopedic surgeons perform this surgery (hip arthroscopy), and outcomes are variable. Hip rehabilitation may take 6-12 months before patients notice significant improvement. For these reasons, Hip surgeons are very selective about who they select for arthroscopic hip surgery.