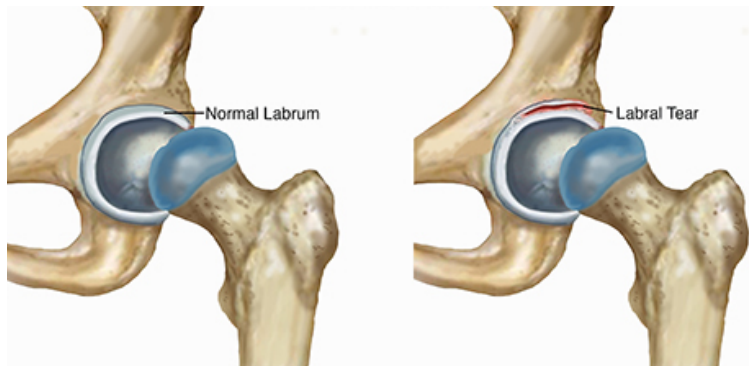


# Hip Labral Tears

## A Patient's Guide



<http://mullenorthopedic.com/hip-labral-tear.htm>

### ***What is the labrum?***

The hip labrum is a small piece of tissue surrounding most of the hip socket. It serves to make the hip joint deeper and more stable, to increase surface contact between the hip bone and the hip socket, and to protect the interior surface of the hip socket.

### ***What is an acetabular (hip) labral tear?***

It is when this small piece of tissue tears, creating hip pain and/or instability.

### ***How common is this?***

It is challenging to know the true numbers, but it has been proposed that this condition affects 22%-55% of people with groin pain.

### ***How does physical therapy (PT) rehabilitation help?***

PT aims to find and address the issues that contributed to the labral tear. Rehabilitation looks different for everyone, but generally speaking can: help decrease pain, improve muscle strength around the hip joint, correct your posture and walking, suggest alternative physical activities, offer recommendations for proper shoe wear, and provide guidance for how to return to your daily activities and sport participation without pain!

### ***What kinds of things will I be doing in therapy?***

You and your physical therapist will work together to decide your primary goals for therapy. From there, your physical therapist will create an individualized treatment plan to address your goals. Your plan may include specific exercises, fun balance challenges, hands on techniques that the physical therapist may do, and eventually – add activities that are important for you and your sport!

### ***What are the chances that I will return to my sport or favorite activity?***

Research in this field is promising! Please speak to your physical therapist about your specific circumstances.

## Signs and symptoms

Clicking

Catching

Sensations of hip instability

Deep hip, sharp groin, or anterior thigh pain

Increases in pain with activity

Limping

Need for railing use in going up or down stairs

Limited sitting time

Limited walking distance