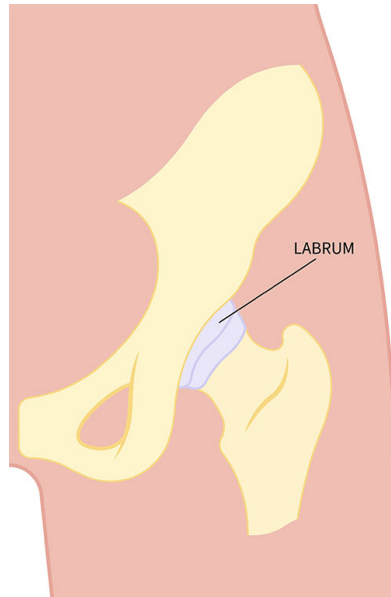


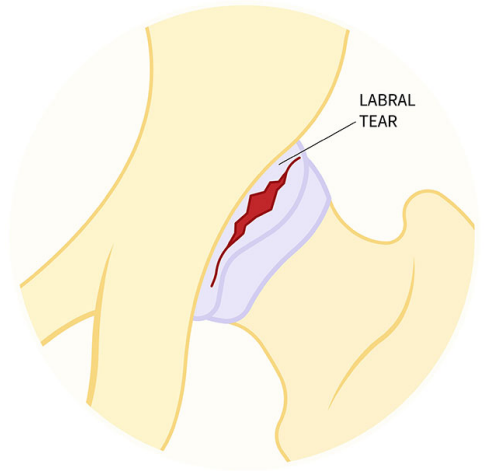
PATIENT HEALTH JOURNEY

BECOME AN EXPERT: Hip Labral Tear

Labral tears of the hip are a common cause of hip pain, especially in young and active individuals. The hip joint is a ball-and-socket joint where the femoral head (ball) articulates with the acetabulum (socket) of the pelvis. The **labrum** is a ring of fibrocartilage that surrounds the acetabulum, deepening the socket and providing stability to the hip joint. Labral tears can occur due to various factors, including **femoral acetabular impingement (FAI)** and **hip dysplasia**. If left untreated, labral tears can also contribute to the development of hip osteoarthritis over time.



HIP LABRAL TEAR



FAI is a condition characterized by abnormal contact between the femoral head-neck junction and the acetabular rim during hip movement. It can be classified into two main types: cam and pincer. Cam impingement refers to an irregularity in the shape of the femoral head-neck junction, resulting in a non-spherical contour. Pincer impingement, on the other hand, occurs when there is excessive coverage of the acetabulum over the femoral head due to an overgrowth of the socket's rim. Both types of impingement can cause labral tears by subjecting the labrum to repetitive friction and shearing forces during hip motion.

Hip dysplasia is a developmental disorder characterized by an abnormal development of the hip joint during infancy or childhood. It leads to inadequate coverage of the femoral head by the acetabulum, causing instability and abnormal forces acting on the labrum. The labrum in individuals with hip dysplasia is subjected to increased stress and is more prone to tearing. Labral tears associated with hip dysplasia can occur due to repetitive microtrauma or acute traumatic events.

Conservative treatment is often the initial approach for managing hip labral tears. **Non-surgical management** includes a combination of interventions aimed at reducing symptoms and improving hip function. Activity modification is recommended to avoid aggravating activities and allow the hip to heal. Physical therapy plays a crucial role in the non-surgical management of labral tears. A physical therapist will design an individualized program focusing on strengthening the hip muscles, improving joint stability, and correcting any underlying biomechanical imbalances. This may involve exercises targeting the hip and surrounding muscles, manual therapy techniques to improve joint mobility, and targeted stretching to alleviate tightness and improve flexibility.

BECOME AN EXPERT cont'd

Pain management is an essential component of non-surgical treatment. Nonsteroidal anti-inflammatory drugs (NSAIDs) may be prescribed to reduce pain and inflammation in the hip joint. Additionally, other modalities such as ice or heat therapy, transcutaneous electrical nerve stimulation (TENS), or ultrasound may be used to alleviate pain and promote healing.

If non-surgical approaches fail to provide sufficient relief or if the labral tear is severe and causing significant functional impairment, surgical intervention may be considered.

If left untreated, labral tears can contribute to the development of **hip osteoarthritis**. The labrum plays a crucial role in providing stability and load distribution within the hip joint. When the labrum is damaged or torn, it disrupts the normal mechanics of the joint, leading to increased stress on the articular cartilage and subsequent cartilage degeneration. Over time, this can progress to hip osteoarthritis, characterized by joint pain, stiffness, and loss of function. Early intervention and management of labral tears can help mitigate the risk of developing osteoarthritis.

Why does this matter?

At Group23, we often see patients frustrated with their symptoms, lack of improvement, and the cost of ineffective treatments, products, and devices. Often the biggest issue we see with a diagnosis is the patient's lack of knowledge of the subject because no one has taken the time to explain what is truly happening! It's not enough to just know the words labral tear; it's important to us that you understand what it means!

Now that you know more about hip labral tears, we can address treatment options that will allow you to return to sport/activity as soon as possible. No matter where you start, you can get to the point of less pain and improved functionality... **IF** you create good SMART goals, utilize the options in your Toolkit, and commit to working proactively with your Group23 Health Journey team!

Our care philosophy

We see treatment choices as a Patient Health Journey, and we take pride in being on this Journey with you the entire way. The most crucial part is becoming an expert and creating Rise Above goals specific to you and your lifestyle. Once your Group23 healthcare team understands your destination, we can accurately create a treatment plan that is fit for you!



Check out a free lifestyle assessment, available with the Health & Wellness team!



Surgery is a possibility, but a last resort option in the case of hip labral tears. We have a whole Toolkit of other options to try first!



Becoming an expert and setting a SMART goal ensures every treatment decision reflects your priorities, not ours!



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