



Labral Tear of the Hip (Acetabular Labrum Tear)



Overview

If your hip joint hurts, or if it catches or clicks when you move your leg, you may have a torn labrum. That's a rim of tissue that surrounds the hip's socket. It helps to deepen the socket and cushion the joint. A torn labrum can keep the hip joint from working smoothly.

Causes

You can tear a labrum during athletic activity. It can happen if you play football, soccer, golf or hockey. It can also be a problem for ballet dancers. In some people, labral tears are linked to problems with the shape of the hip joint. And, a labral tear can also develop if your hip joint has degenerated because of osteoarthritis.

Symptoms

A torn labrum can cause pain in your groin or in the front of your hip. Your hip may hurt when you are active. You may also notice a catching or a clicking sensation in the joint when you move it.

Treatment

Treatment options may include medications and physical therapy. If these aren't helpful, you may benefit from surgery. Your healthcare provider can create a plan that's right for you.

