

Labral Tear of the Hip



What is a labral tear?

The labrum is a strong, flexible ring of cartilage attached to your hip socket. This piece of cartilage helps stabilize and cushion your hip joint. Although strong, the labrum can sometimes tear. If you have a torn labrum, or labral tear, you may feel pain, catching, clicking, or locking in your hip joint.

What causes a labral tear?

A labral tear can occur from a fall or accident. Or this injury can happen over time from repetitive stress put on the hip joint. Certain activities may cause a labral tear, such as running or sports with quick changes in movement, like basketball or tennis. It can also happen because of abnormally shaped hip bones.

What are the symptoms of a labral tear?

The most common symptom of a labral tear is pain around your hip. You may feel sharp or throbbing pain after sitting too long, walking, or doing other movements like squatting. You may also have these other symptoms in your hip:

- Limited motion
- Weakness
- Clicking, popping, or grinding sensations
- Stiffness
- Swelling
- Groin pain
- Pain in the lower back or buttock

How is a labral tear diagnosed?

Your healthcare provider will ask about your symptoms and past health. They will also do a physical exam of your hip. To help diagnose a labral tear, your healthcare provider may advise these tests:

- **X-rays.** This test uses energy beams to make images of internal tissues, bones, and organs onto film.
- **CT scan.** This test uses X-rays and a computer to make detailed images of the body. CT scans are more detailed than standard X-rays.
- **MRI.** This test uses large magnets, radio waves, and a computer to make detailed images of organs and structures in the body.

How is a labral tear treated?

Your healthcare provider will talk with you about your treatment options. They will depend on things like your age, overall health, and the extent of the tear. Together, you and your healthcare provider can decide on the best treatment for you. Your treatment options may include:

- **Rest.** Your healthcare provider may advise resting your hip joint for a while to ease your symptoms.
- **Physical therapy.** A physical therapist can help strengthen and restore movement in your hip. They can also ease pain with heat and cold.

- **Medicines.** Your healthcare provider may give you medicines to relieve pain and reduce inflammation. You may get a shot (injection) of cortisone into the hip to ease pain.
- **Surgery.** In some cases, surgery may be needed to repair the labrum. Arthroscopy is one surgical option. This procedure uses special tools inserted through small incisions, or cuts. With the tools, your surgeon can fix or remove the torn labrum.

Can you prevent a labral tear?

You may be able to lower your risk of getting a labral tear by:

- Maintaining good posture
- Doing muscle-building activities
- Warming up before physical activity
- Wearing appropriate protective gear when participating in sports or other high-impact activities

Key points about labral tears

- If you have a torn labrum, or labral tear, you may feel pain, catching, clicking, or locking in your hip joint.
- A labral tear can occur from a fall or accident. Or this injury can happen over time from repetitive stress put on the hip joint. It can happen because of an abnormally shaped hip.
- To help diagnose a labral tear, your healthcare provider may advise imaging tests like X-rays and CT or MRI scans.
- Treatment options may include medicines, physical therapy, a shot (injection), or surgery.
- You may be able to prevent a labral tear by warming up before physical activity and doing muscle-building exercises.

Next steps

Tips to help you get the most from a visit to your healthcare provider:

- Know the reason for your visit and what you want to happen.
- Before your visit, write down questions you want answered.
- Bring someone with you to help you ask questions and remember what your provider tells you.
- At the visit, write down the name of a new diagnosis and any new medicines, treatments, or tests. Also write down any new instructions your provider gives you.
- Know why a new medicine or treatment is prescribed and how it will help you. Also know what the side effects are.
- Ask if your condition can be treated in other ways.
- Know why a test or procedure is recommended and what the results could mean.
- Know what to expect if you do not take the medicine or have the test or procedure.
- If you have a follow-up appointment, write down the date, time, and purpose for that visit.
- Know how you can contact your healthcare provider if you have questions.

© 2000-2027 The StayWell Company, LLC. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions

This information is not intended as a substitute for professional medical care. Always follow your Healthcare professional's instructions. Copyright Krames LLC.