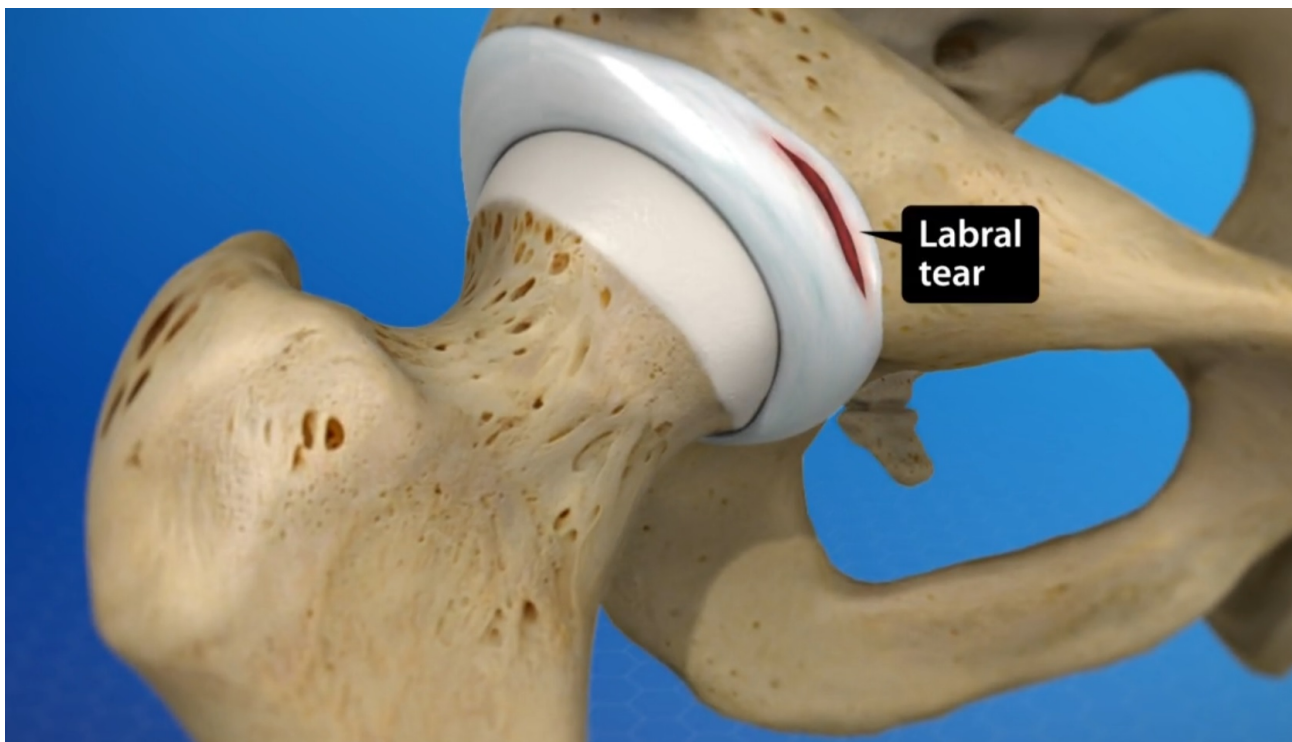


Labral Tear of the Hip (Acetabular Labrum Tear)

Overview

If you have hip pain or if your hip catches or clicks when you move your leg, you may have a torn labrum. This is a rim of tissue that surrounds the hip's "socket" (acetabulum). The acetabular labrum deepens the socket, cushions the joint, and allows smooth movement.



Causes

You can tear a labrum during a traumatic event, like a car crash or fall. You can also tear it doing athletic activities or even dancing. Labral tears can be caused by osteoarthritis or by abnormalities with the shape of the hip joint.

Symptoms

A torn labrum can cause you to feel pain in the front of your hip or groin area. The pain will likely increase with activity. You may also notice a clicking or catching sensation in the hip joint when you move it.

Treatment

Treatment options include medications, physical therapy, or even surgery.