



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.

Helping Hand™

Health Education for Patients and Families

Sports Medicine: Labral Tear of Hip

The labrum is a piece of cartilage that lines the socket (acetabulum) of the hip joint. It provides strength and cushions the hip joint. A tear in the labrum can result from injury, repeated wear-and-tear to the hip joint, or from a bony deformity (impingement) in the hip joint.

Signs and symptoms

- Pain in the groin or front of the hip, which may go around to the side or back of the hip
- Pain that gets worse with sitting or standing for long periods, walking, running, or skating
- A clicking or catching feeling in the hip
- Pain with flexing and twisting of the hip

Increased risk

- Contact sports (football, hockey)
- Sports with recurring movements that stress the hip (running, skiing, artistic swimming, cycling)
- Poor physical conditioning, strength, and flexibility in the hip
- Having an abnormal shape of the bones in the hip joint

Treatment

- Medicine
 - Anti-inflammatory medicines, such as ibuprofen (Motrin® or Advil®) or naproxen (Aleve®) may be recommended. Take these as directed by your health care provider and **do not take for the first 3 days after injury.**
 - Other minor pain relievers like acetaminophen (Tylenol®) may be taken.

- Use of cold and heat
 - Cold should be applied for 10 to 15 minutes every 2 to 3 hours for swelling and after any activity that makes symptoms worse. Use ice packs or an ice massage.
 - Heat may be used before performing stretching and strengthening activities ordered by your health care provider or athletic trainer. Use a heat pack or warm soak. Apply for 10 to 15 minutes.
 - Steroids may be injected into the hip to help with pain.
- Rest
 - Resting from physical activity may help decrease pain.
- Orthopedic aids
 - Orthotics may be prescribed if there is a leg length difference to make sure the pelvis is in a well aligned position.
- Rehab
 - Exercises to improve strength, flexibility, and proper body mechanics are important. These can be done at home, but often a referral to a physical therapist or athletic trainer may be advised by your health care provider.
- Surgery
 - Large or painful labral tears that do not respond to other treatment often require surgery to repair the damaged cartilage.

How to prevent

- Do correct warm-up and stretching before practice or competition.
- Complete all exercises and rehab before returning to practice or competition.
- Maintain proper conditioning, hip and thigh flexibility, muscle strength, endurance, and cardiovascular fitness.
- Use proper technique when playing sports.

When to call the doctor

Call your doctor, health care provider, or the **Sports Medicine team** at (614) 355-6000 if:

- Symptoms get worse in 2 weeks, even with treatment.
- New, unexplained symptoms develop.

To schedule an appointment with Sports Medicine, visit [NationwideChildrens.org/SportsMedicineScheduling](https://www.NationwideChildrens.org/SportsMedicineScheduling) or scan this code with your camera phone.

