

Facts About Hip Labral Tears

5 FACTS TO LEARN MORE ABOUT ACETABULAR LABRAL TEARS



1.) LABRAL TEARS MAY PRESENT AS GROIN PAIN

The prevalence of labral tears in patients with hip or groin pain has been reported to be 22-55% (1).

2.) THE LABRAL HELPS STABILIZE THE HIP

Some studies show that the Labrum deepens the socket of the acetabulum by 21%. In addition, the labrum increases the surface area of the acetabulum by 28%, which helps distribute load and therefore decrease contact stress.



3.) MOST LABRAL TEARS DON'T HAVE A KNOWN CAUSE

Up to 74.1%, are not associated with any specific cause, and these are generally gradual in onset, with the underlying inciting event thought to be repetitive microtrauma from twisting on a planted leg.

4.) LABRAL TEARS ARE ALSO NORMAL WITH AGING

In cadaver studies, labral tears and abnormalities were found in 93-96% of hips. Meaning, most people do not realize they have one and do not require surgery.



5.) PHYSICAL THERAPY MAY BE AS SUCCESSFUL AS SURGERY...FOR SOME PEOPLE

In a recent study, at the end of 2 years, there was no significant difference in outcome between those who underwent surgery and those who had physical therapy for 80 patients.

Physical Therapy Product Reviews 

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SOURCE/S:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2697339/>
<https://bjsm.bmj.com/content/51/7/572>