



## 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.