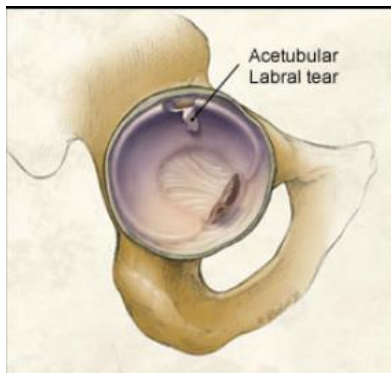


## LABRAL TEAR OF THE HIP

### What is a labral tear?

The labrum is a ring of cartilage, a soft tissue extension of the outside rim of the socket of the hip joint. It gives additional cushioning to the hip joint and acts like a seal to help hold the ball securely within the hip socket. Labral tears are commonly caused by an underlying condition called femoroacetabular impingement. Femoroacetabular impingement is a condition which results from a mild deformity of the bones of the hip joint. The irregular shape of the ball on the socket causes injury to the joint tissues because they do not fit perfectly. This causes the bones to rub abnormally against each other during movement. Over time this abnormal fit results in damage to the labrum causing pain and limiting activity.

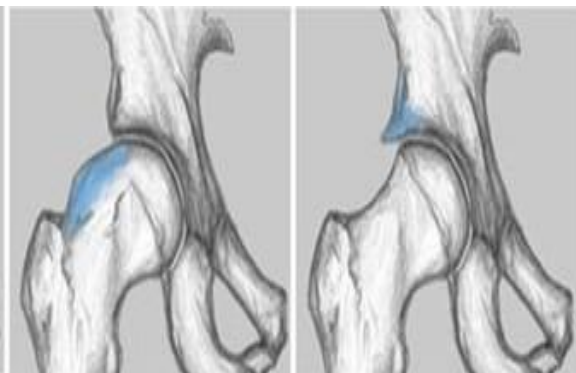
#### LABRAL TEAR OF THE HIP



#### NORMAL HIP



#### FEMOROACETABULAR IMPINGEMENT



### How did I a labral tear of the hip?

Femoroacetabular impingement occurs due to the hip bones not forming normally during childhood development. It is this bone deformity that can lead to labral tearing and damage. When the hip bones are shaped abnormally, there is little that can be done to prevent FAI. Labral injuries can also be caused by trauma or repetitive stress to the hip joint with activities such as sports.

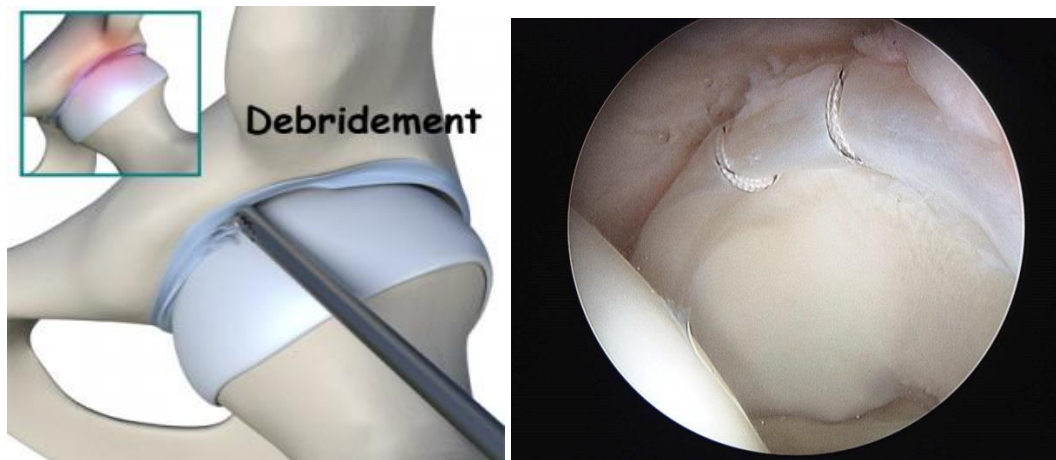
Some people may live long, active lives with FAI and never have problems with their hip or labral tissues. When symptoms develop, however, it usually indicates that there is damage to the hip cartilage or labrum and the disease is likely to progress. Because athletic people may work the hip joint more vigorously, they may begin to experience pain earlier than those who are less active.

## What symptoms are associated with labral tears?

In the early stages, there may be no symptoms associated with a labral tear or symptoms may be mild or vague. Some typical symptoms include pain in the front of the hip (groin area) accompanied by clicking, locking, or catching of the hip with certain motions or activities or stiffness of the hip.

## What does surgery involve?

Hip arthroscopy can correct most labral tears. During an arthroscopy, a miniature camera is inserted through small incisions (portals) on the side of your hip. This provides a clear view of the inside of the hip and allows Dr. Comfort to insert miniature surgical instruments through those portals to reshape your labrum or repair it depending on your specific condition. You will be asleep for the procedure which normally takes about 45-60 minutes.



Dr. Comfort will discuss options with you and suggest the best treatment for your hip condition based on your history, physical exam and radiographic information (X-rays/MRI).

## What can I expect after surgery?

Initial recovery from surgery usually takes between four to six weeks. Full recovery can take up to 10-12 weeks.

- **Walking:** You may be up and around after surgery using crutches full time. You can put light pressure on the operated foot.
- **Crutches:** Crutches may be needed up to 4 weeks following surgery for balance and support. Discontinue using when advised by Dr. Comfort or his care team.
- **Driving:** You may drive anytime if you do not use a clutch and had surgery on your left leg. If it was your right leg, wait until you have adequate control over the leg to operate the controls of the vehicle. You should be putting full pressure on the leg with minimal pain and off narcotic pain medications.
- **School/Work:** You can return to school/work anytime you feel comfortable. You may have to take a week or two off until you are comfortable returning to school/work. You will need to avoid excessive walking, running, jumping, twisting, squatting and strenuous activities until cleared by Dr. Comfort.

**PHYSICAL THERAPY:** Outpatient physical therapy is not necessary immediately after surgery unless directed by Dr. Comfort. This will be reassessed and ordered if necessary at your post-operative appointment.