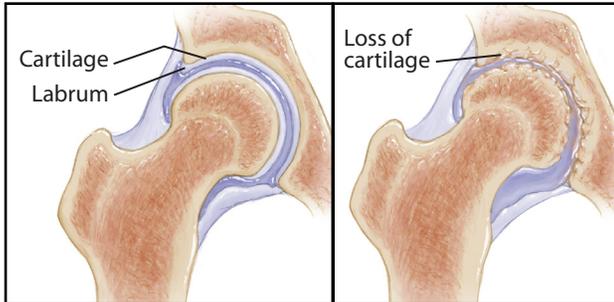


Common Causes of Hip Pain in Adults

Osteoarthritis

A chronic condition in which the cartilage that lines the joint breaks down. Without cartilage to cushion the joint, the bones of the hip rub against each other, causing friction and pain.



Healthy hip joint

Hip joint with osteoarthritis

Rheumatoid Arthritis

Autoimmune disease in which joints become too easily inflamed due to an abnormal immune response throughout the body.

Cartilage tears

Tears may be caused by traumatic injury. In older adults, however, tears in the labrum (rim of cartilage the circles the hip joint) are often due to degeneration. As we age, cartilage becomes weak and thins, increasing chance of tearing.

Imaging

Imaging studies like xrays are commonly used to help determine the source of pain. If xrays aren't enough, your doctor may order an MRI (magnetic resonance imaging) to help further diagnosis your hip pain.



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YOUR HIP PAIN

MU Missouri
Orthopaedic Institute
University of Missouri Health Care

Possible Treatment Options

Conservative treatment

→ NSAIDs

Non-Steroidal Anti-Inflammatory Drugs such as Ibuprofen, Motrin, and Aleve

→ Joint injections

A mixture of local anesthetic (Lidocaine) and cortisone (a steroid) or ketorolac (anti-inflammatory) is injected into the hip joint to relieve pain. This procedure may be repeated every 1-3 months. If, however, the injections do not help the pain, it is possible that surgical intervention is the next step.

→ Physical Therapy

Surgical Options

→ Arthroscopy ("Scope")

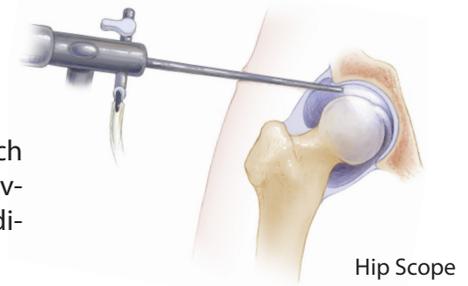
This is a common outpatient surgical procedure in which a small camera is used to look inside the hip joint. Recovery usually takes within 1-2 weeks. Arthroscopies help diagnose and treat in:

- Removal of torn labral cartilage
- Trimming of torn pieces of articular cartilage
- Removal of loose fragments of bone or cartilage
- Removal of inflamed synovial tissue

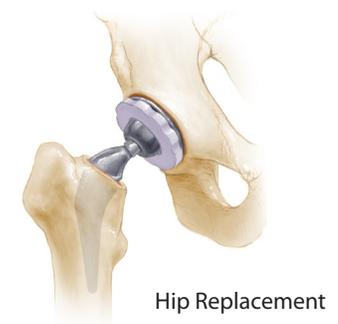
→ Arthroplasty ("Replacement")

If injections and/or arthroscopy do not help the pain, Dr. Bal will use xrays and clinical judgment to decide if a replacement surgery would be beneficial. The hospital stay is usually 2-4 days.

Additional resources are available regarding this surgery.

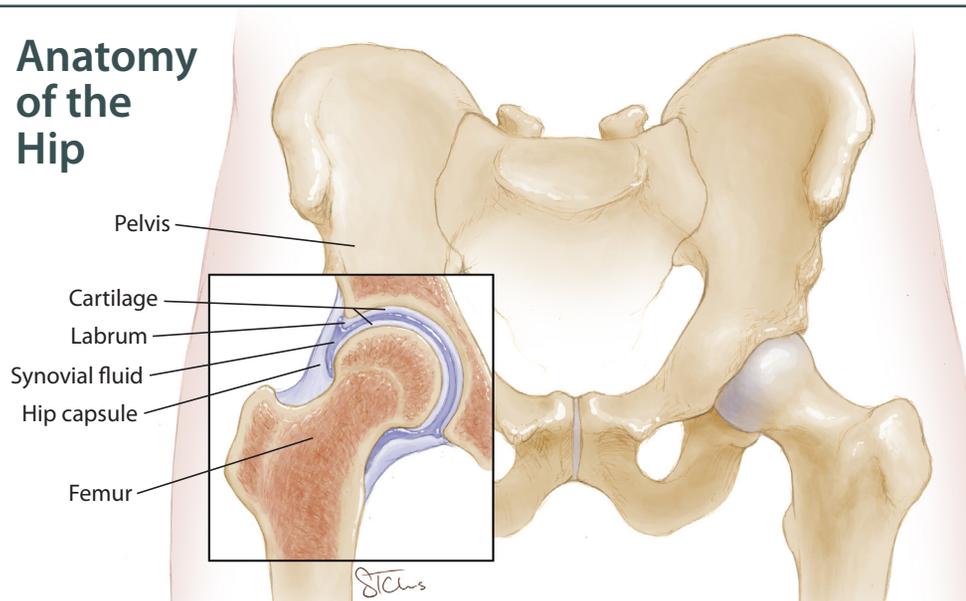


Hip Scope



Hip Replacement

Anatomy of the Hip



Frequently Asked Questions

Why is the pain off and on?

If the pain is from torn cartilage, it can come and go as the torn edge catches inside the joint.

What is the popping?

Painful popping can be the result of cartilage getting caught inside the joint.

Why don't x-rays show the physician what is going on with my hip?

Xrays only show problems with bones, they do not show problems with soft tissue like cartilage or muscles. An MRI detects both bone and soft tissue, and may help your doctor determine the cause of your hip pain.

What and where is the labrum?

The labrum is an extension of the cartilage surrounding the rim of the "socket" of your hip joint. It deepens the socket, helping the "ball" of your thigh bone to stay in place.