

Hip Labral Tear

Explanation of Diagnosis

A **hip labral tear** is a **tear in the labrum**, the ring of cartilage that surrounds the hip socket (acetabulum). The labrum helps stabilize the hip joint and allows smooth movement. Tears occur due to **repetitive hip motions (sports, dancing), trauma, structural abnormalities (hip impingement), or arthritis**. Symptoms include **hip pain (especially in the groin), clicking or locking sensations, stiffness, and discomfort with prolonged sitting, walking, or pivoting movements**.

Specific Work Modifications

- **Avoid prolonged standing or walking**; take sitting breaks when possible.
- **Use an ergonomic chair with lumbar and hip support** to reduce strain.
- **Modify tasks** to limit repetitive twisting, deep bending, or heavy lifting.
- **If standing is required, use an anti-fatigue mat** to reduce hip stress.
- **Apply ice or heat** during breaks to manage pain.

Specific Activity Modifications

- **Avoid high-impact activities** like running, jumping, or deep squats.
- **Modify workouts** by switching to **low-impact exercises** like swimming, cycling, or water aerobics.
- **Use proper warm-ups and stretching** before and after activities.
- **Avoid prolonged sitting in deep hip flexion (e.g., low chairs, deep lunges, or squats).**

Recommended Supplements

- **Collagen peptides (10 g daily)** - Supports cartilage and joint healing.
- **Vitamin D3 (1000-2000 IU daily)** - Supports bone and joint health.
- **Glucosamine & Chondroitin (1500 mg/1200 mg daily)** - Aids in cartilage repair.
- **Omega-3 fatty acids (1000 mg daily)** - Reduces joint inflammation.
- **Turmeric (500 mg twice daily)** - Provides natural anti-inflammatory benefits.

Recommended Nutrition and Hydration

Diet Recommendations:

- **Joint-supporting foods:** Bone broth, citrus fruits, bell peppers, and nuts.
- **Anti-inflammatory foods:** Fatty fish (salmon, sardines), turmeric, berries, walnuts, and olive oil.

- **Protein-rich foods:** Chicken, eggs, lentils, and dairy to support tissue repair.
- **Limit processed foods, refined sugars, and excess alcohol,** which can worsen inflammation.

Hydration Tips:

- **Drink at least 2-3 liters of water daily** to maintain joint lubrication.
- **Limit caffeine and alcohol,** which can dehydrate tissues and slow recovery.

Home Exercise Prescription

Avoid deep hip flexion, twisting, or high-impact movements. Focus on mobility and controlled strengthening.

Phase 1: Pain Relief & Mobility (Weeks 1-4, Reduce Stiffness & Improve Movement)

1. Pelvic Tilts

- Lie on your back with knees bent, tighten your core, and flatten your lower back.
- **10 reps, 2 times daily.**

2. Seated Hip Flexor Stretch

- Sit in a chair, extend one leg slightly forward, and gently lean back.
- **Hold for 20-30 seconds, repeat 3 times per leg.**

3. Hip Circles (Gentle Mobility)

- While standing, move your hip in small circular motions.
- **10 reps per direction, 2 times daily.**

Phase 2: Strength & Stability (Weeks 4-8, Build Hip Support & Reduce Strain on Joint)

4. Glute Bridges (Hip & Core Strengthening)

- Lie on your back, bend knees, and lift hips while squeezing the glutes.
- **10 reps, 2 times daily.**

5. Clamshells (Hip Abductor Strengthening)

- Lie on your side with knees bent, lift the top knee without moving hips.
- **10 reps per side, 2 times daily.**

6. Standing Hip Abduction

- Stand tall and lift one leg sideways without tilting the torso.
- **10 reps per leg, 2 times daily.**

Phase 3: Return to Activity (After 8+ Weeks, If Pain-Free & Doctor Approved)

7. **Mini Squats (If Comfortable, Avoid Deep Squats)**

- Keep weight in heels and avoid bending past 45 degrees.
- **10 reps, 2 times daily.**

8. **Heel-to-Toe Walk (Balance & Coordination)**

- Walk in a straight line, placing one foot directly in front of the other.
- **20 steps, 2 times daily.**

⚠ **Avoid running, jumping, deep squatting, and extreme hip flexion until fully healed (typically 3-6 months).**

Helpful Books

1. *"The Hip Pain Handbook: A Guide to Preventing and Treating Hip Injuries"* - Nicolas Piuze, MD
2. *"Rehab Science: How to Overcome Pain and Heal from Injury"* - Tom Walters, DPT

Click here for more orthopedic patient information.

Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.