TORN ACETABULAR LABRUM FOLLOWING A POSTERIOR HIP DISLOCATION
Doheny MJ, Stavinski MM, Hart KK: King’s College, Wilkes-Barre, Pennsylvania

Background: The purpose of this study is to report the follow-up injury of a male soccer player who had a posterior hip dislocation one year previous. The athlete had no prior history of hip injury until he dislocated it in a soccer game last year. He was cleared to play soccer again by the doctor after five months of treatment. During the off-season he worked out with no pain but once he returned to preseason and started playing in games again he began to feel pain at his hip. The signs and symptoms that he experienced appeared mostly when he was performing sport specific exercise. The patient reported that he felt very tight and stiff, and that he heard a popping sound at times. The patient also reported pain if he placed too much pressure on his external hip muscles with lateral movements.

Differential Diagnosis:
1. Muscle tightness secondary to hip dislocation
2. Acetabular Labral tear
3. Snapping Hip Syndrome

Treatment: After the initial posterior hip dislocation, the athlete preformed a comprehensive rehabilitation program to help regain his strength and range of motion to normal levels. The rehabilitation program lasted five months and he was then cleared to return to play with soccer. With an increase in signs and symptoms this season, the athlete was sent to receive another MRI to see if there were any changes from the MRI that had been done seven months previous; four months after the initial injury. A acetabular labral tear was found, but it was also determined the patient has significant flexibility problems. The physician recommended that the athlete undergo a rigorous flexibility program and perform strength exercises. He also instructed that the patient could return to play when pain decreased with activity. If conservative treatment did not work, the patient would have to undergo surgery which his hip would have to be dislocated to repair the labrum.

Uniqueness: The acetabular labrum tear that was found in this athlete was unique because the tear did not show up on the MRI that the athlete had before he was cleared to return to play. It is unknown when or how the acetabular labrum tear occurred; with the original hip dislocation, during his rehabilitation program or when he started preseason this year. If he underwent surgery it would require the athlete to have his hip dislocated again to be able to fix the labrum and then place it back into place. The patient has returned to play with conservative treatment.

Conclusions: When the physician compared the two MRIs he saw that the athlete had a slight tear in his acetabular labrum which had not been present before. The doctor explained to the athlete that to repair his torn labrum he would have to have it repaired surgically, but he has returned to play with conservative treatment.

Key Words: Acetabular labrum