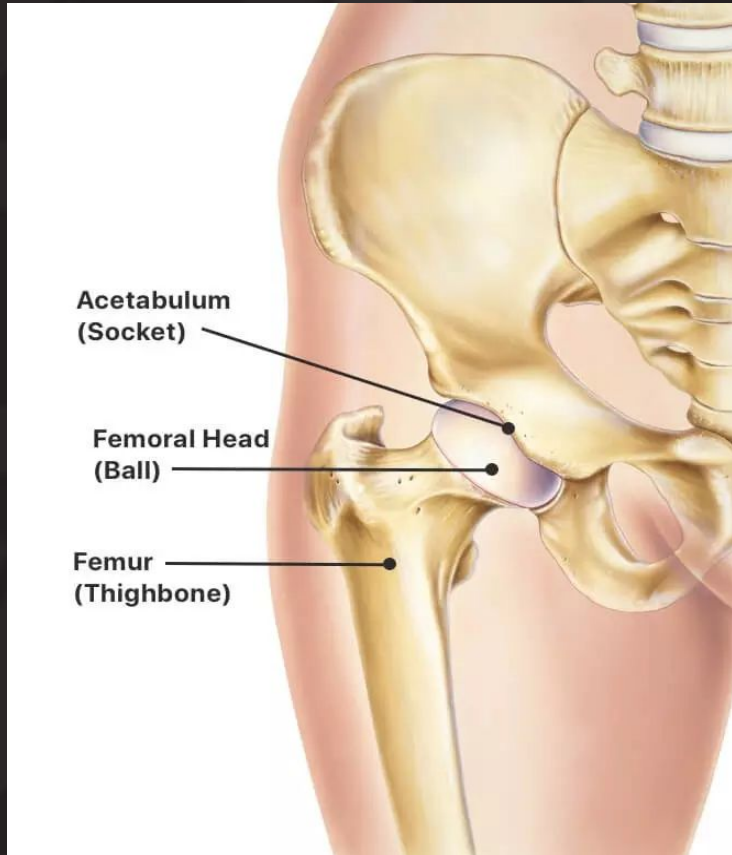


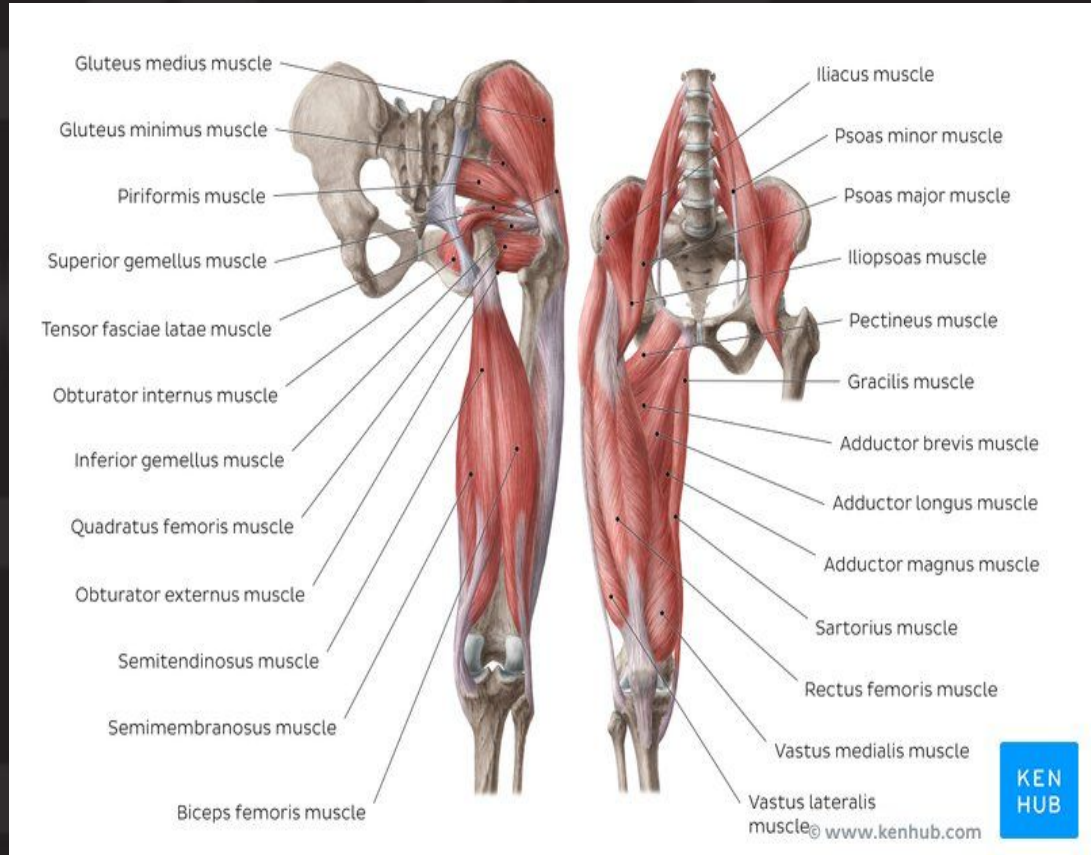
Hip Impingement: What is it and what can you do about it?

Michele Schultz, PT, DPT &
Rebekah Wolinetz, PT, DPT
React Physical Therapy

Anatomy



<https://www.drugwatch.com/wp-content/uploads/hip-replacement-diagram.jpg>



[https://thumbor.kenhub.com/X3Nd5H1h_5UoWMB0Nmy66dADSjM=/fit-in/800x1600/filters:watermark\(/images/logo_url.png,-10,-10,0\):background_color\(FFFFFF\):format\(jpeg\)/images/library/11036/muscles-pelvis-hip-femur_english.jpg](https://thumbor.kenhub.com/X3Nd5H1h_5UoWMB0Nmy66dADSjM=/fit-in/800x1600/filters:watermark(/images/logo_url.png,-10,-10,0):background_color(FFFFFF):format(jpeg)/images/library/11036/muscles-pelvis-hip-femur_english.jpg)

What is hip impingement?

Occurs when the femoral head (ball of the hip) pinches up against the acetabulum (cup of the hip)

<https://www.youtube.com/watch?v=CNgQpbZPflU>

Types of Hip Impingement

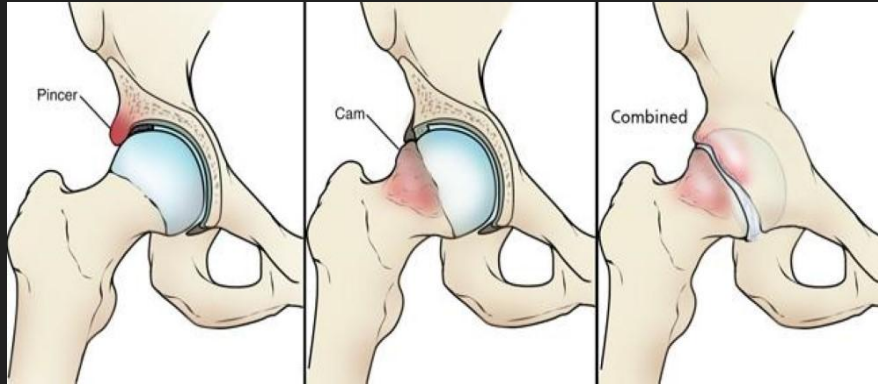
Cam lesion

- a. A deformity of the femoral head (ball)
- b. Ball has a more oval than round appearance due to an outcropping/callus formation
 - i. Created with friction from constant, repetitive stresses when ball hits edge of the cup



<https://orthoinfo.aaos.org/link/2849dd42979a4a0ab837c7fd3a84d437.aspx>

Types of Hip Impingement



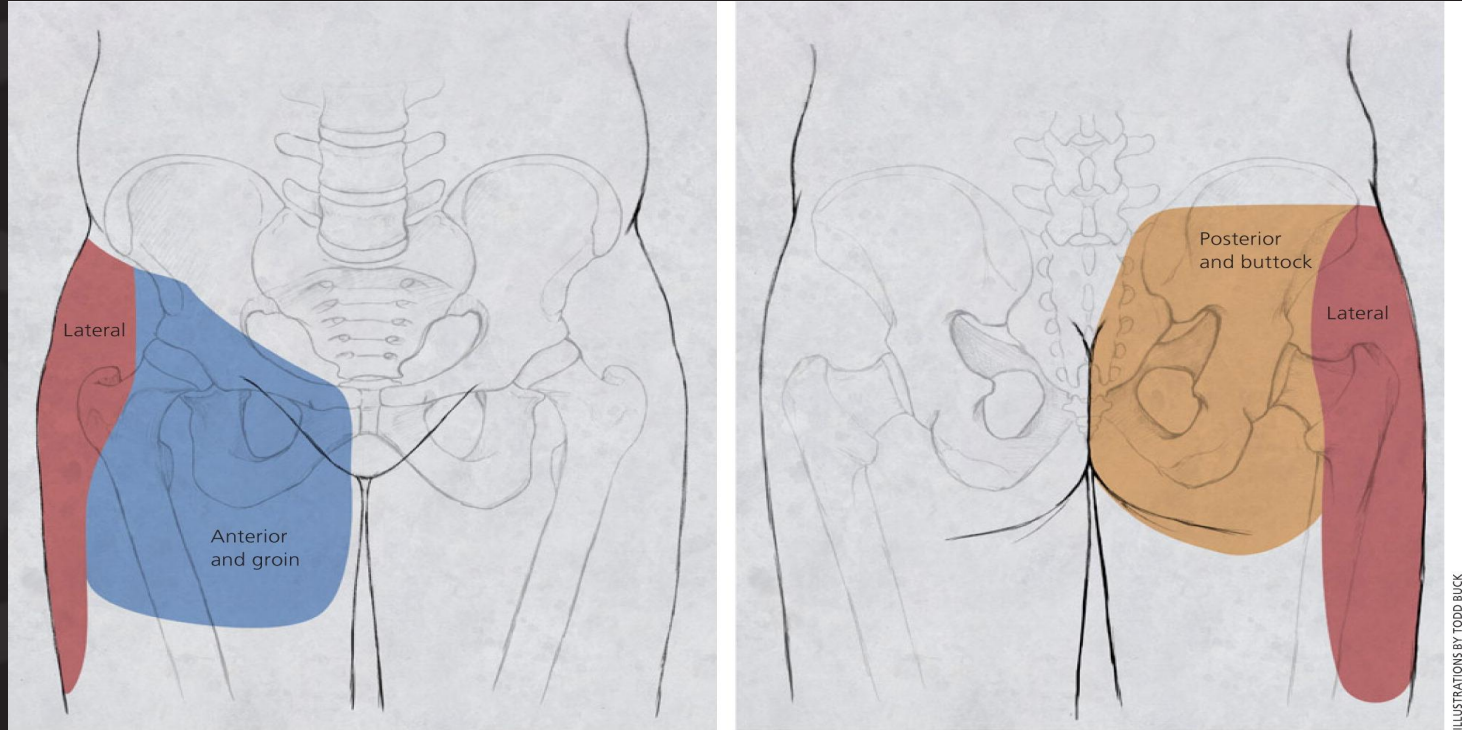
<https://orthoinfo.aaos.org/link/2849dd42979a4a0ab837c7fd3a84d437.aspx>

Pincer morphology

- a. Occurs when the acetabulum (cup) is abnormally shaped
 - i. Covers the head of the femur too much, creating friction when the edge of the cup hits the head/neck of the femur

Note: It is also possible to have a combination of both.

Symptoms



<https://www.aafp.org/afp/2014/0101/hi-res/afp20140101p27-fa.jpg>

Symptoms

Pain Characteristics

- Dull
- Ache
- Constant
- Sharp

Mechanical Characteristics

- Pop
- Catch
- Lock
- Snap
- Stiffness



<https://visualimpactfitness.com/wp-content/uploads/2020/02/hip.jpg>

Self-assessment

- FADIR's
 - Flexion
 - Adduction
 - Internal rotation
- FABER's
 - Flexion
 - Abduction
 - External rotation
- Functional squat



When should you go
to see your doctor?

Treatment

Nonsurgical Treatment

- Conservative management
 - Rest
 - Activity modification
 - Anti-inflammatory medications
 - Physical therapy

Surgical Treatment

- Address the damaged portion of the hip joint through repairing/removing tissue
- Correct/improve abnormal shape of the hip joint
 - Often done arthroscopically by removing extra bone

If pain does not improve...

Questions?

Thank you!

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