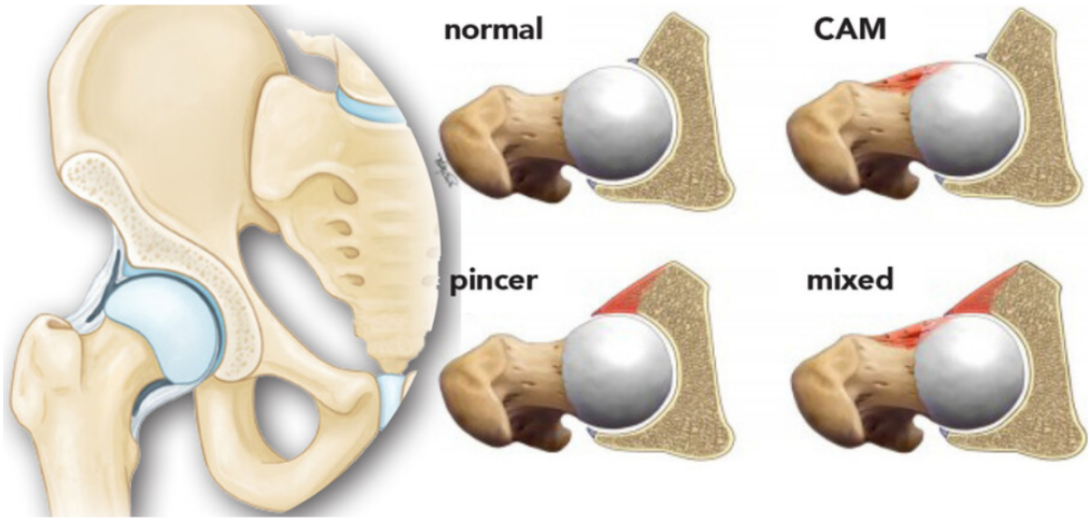
Hip Impingement Syndrome / FAI

Hip impingement syndrome is also known as Femoroacetabular impingement (FAI), and results from a pinching of the head or neck of the femur (thigh bone) on the acetabulum (socket) of the hip.

There are 3 types of FAI:

- Cam lesion – where there is an extra bony growth on the neck of the femur which meets the hip socket when the hip is flexed, resulting in pain.
- Pincer lesion – where there is an extra bony growth on the lip of the hip socket, which meets the head or neck of the femur when the hip is flexed, again leading to pain.
- Combination of a Cam and Pincer lesion deformities. The cause of the condition developing is still poorly understood.



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Diagnosis of the injury is generally obtained through subjective and objective testing of the hip. However, imaging such as an MRI or X-ray can confirm the diagnosis and extent of the deformity of the hip.

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Symptoms of hip impingement include:

- Pain, generally felt in the groin and sometimes into the upper part of the thigh.
- Pain when the hip is flexed (knee bought up to the chest) or in a deep squat.
- Reduced hip range of motion.
- Pain with activities involving hip flexion or those with quick change of direction.



Conservative management of FAI should always be the first port of call. This will involve activity modification to avoid movements and positions which exacerbate the symptoms and may be combined with the use of anti-inflammatory medication. While structural change to the hip is part of the condition, it is often exacerbated by tightness and poor hip mechanics and manual therapy and corrective exercises to address this are often a very important component of management.

In cases of marked bony change or when physio has failed, surgery to remove excessive bone and restore normal joint mechanics may be considered. This will typically be followed by a period of rehab to build up strength and control around the joint.

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If you have been struggling with hip pain and reduced function, book an appointment today get a plan to get you back In Balance!

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