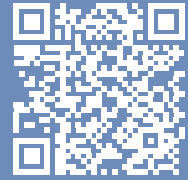


Hip Impingement & Labral Tears



SCAN TO READ MORE

Femoroacetabular impingement (FAI) and acetabular labral tears are two of the most common causes of hip and groin pain in younger, active adults. They are closely related and often occur together, and the great majority are managed without surgery. This guide explains what each condition is, how they are diagnosed, the non-operative options tried first, and the point at which hip pain warrants a specialist opinion.

THE TECHNIQUE

01 Understand the Anatomy

The labrum seals the socket; abnormal hip shape can pinch and tear it.

02 Recognise the Symptoms

Groin pain with sitting, squatting or pivoting; sometimes catching.

03 Get the Right Assessment

History, examination and imaging – interpreted together, not alone.

04 Start Non-Operative Care

Activity change, physiotherapy and, in selected cases, an injection.

05 Know When to Refer

A specialist opinion once arthritis is established and options exhausted.

AT A GLANCE

MOST COMMON IN
Younger Adults

TYPICAL SYMPTOM
Groin Pain

FIRST-LINE
Non-Operative

SURGERY
Often Not Needed

**“We treat the patient, not the image – many people
have the shape, or a tear on a scan, and no problem at all.”**

— Dr Chien-Wen Liew

FREQUENTLY ASKED QUESTIONS

Q. Are FAI and a labral tear the same thing?

No. FAI is about the shape of the hip; a labral tear is damage to the cartilage rim. They are related and often occur together, but neither is the same as arthritis.

Q. Do they always need surgery?

No. Most are managed without surgery – activity changes, physiotherapy and time. Whether surgery helps depends on the individual.

Q. When should I see a hip replacement surgeon?

When a hip specialist has confirmed established osteoarthritis, your symptoms are limiting daily life, and non-operative options have been exhausted.

ABOUT THE SURGEON

Dr Chien-Wen Liew exclusively performs total hip replacements via the direct anterior approach and total knee replacements via kinematic alignment only. He utilises patient-specific technology for both procedures, and practices from Orthopaedics 360 – within the Eastwood Private Hospital Precinct.

Dr Chien-Wen Liew

Hip and Knee Replacement Surgeon

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