

What is Causing Your Hip Pain? Femoroacetabular Impingement (FAI)? Labral Tear? How to Tell

Femoroacetabular Impingement (FAI) is a condition where the bones of the hip joint are not shaped normal. FAI is usually present at birth and may lead to hip pain in athletes (of all ages), adolescents, and adults. The hip joint is a ball and socket type of joint. In FAI either the ball, or the socket, or both are misshapen. This causes the bones to rub together, create pain, and possibly damage the cartilage that provides cushioning in the hip. Some people will require surgery to repair the damage and deformity. Some people will have no symptoms with FAI. Others may present with the following symptoms:

- Stiffness in the hip joint
- The hip joint may lock, click, or catch.
- The patient may limp.
- Hip pain or aching (usually located in the inner thigh or groin area)
- Pain will often worsen during physical activity.
- Pain may also worsen with prolonged sitting (for example- in a car).
- May experience increased pain with climbing hills, or stairs.

Tests You Can Do:

Your doctor will probably do some imaging tests at some point (X-rays, MRI, CAT scan). This test can be done (prior to imaging tests) to give you a preliminary indication as to whether you may have FAI. FADIR test (flexion, adduction, and internal rotation) test. You will need a family member or friend to perform this test on you:

Start by lying down flat on your back with both legs straight and relaxed. Test both legs and compare results. Have your right leg lifted (without your help). The hip and knee should be lifted to a right-angle position (while supporting the knee and ankle). This is flexion. **PHOTO A** Once in the right-angle position, the leg should gently be pushed across the body toward the opposite leg. This is adduction. **PHOTO B** And finally, while keeping the knee in position, the foot and calf should be moved away from the body (abduction) **PHOTO C**. People who have FAI tend to feel pain with the foot and calf being moved away. Repeat test with the left leg.



A



B



C