

Acetabular Labral Tears: An Overview for the Physical Therapist

Speakers: Paul K. Canavan, PT, DPT, PhD, ATC, CSCS; Northeastern University, Boston, MA.

Committee Liaison: Debbie Bangs, PT

The majority of individuals with acetabular labral tears do not provide an “injury event”. Thus, it is imperative that physical therapists have a good understanding of the hip joint, surgical procedures, clinical examination tests, and evidence to provide proper and effective intervention. A brief overview of hip joint anatomy will be provided. Femoralacetabular impingement (FAI) will be described as well as the common presentation of findings. The session will also provide the attendee with an overview of the hip joint and common abnormalities and mechanisms of injury associated with labral tears. A common list of physical examination tests/findings for labral tears and FAI will be presented. Common hip arthroscopy and open anterior head-neck osteoplasty surgical procedures will be described. General post-surgical outcomes will be presented. The attendee will receive information related to post-operative, evidence-based physical therapy interventions that may be beneficial to help individual patients return to function and improve their quality of life.

Time: 2:15 p.m. to 5:30 p.m. (Total contact hours: 3)

Course segments:

2:15 p.m. – 3:45 p.m. (1.5 hours)

Break: 3:45 p.m. – 4:00 p.m.

4:00 p.m. – 5:30 p.m. (1.5 hours)

