

A Case Series on Acetabular Labral Tears as a Co-morbidity to Low Back and Pelvic Girdle Pain Following Motor Vehicle Collision

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Purpose: To explore and document concurrent pain generators in cases of failure of low back and pelvic girdle pain to progress following motor vehicle collision (MVC).

Relevance: Documentation of acetabular labral (AL) pathology that contributes to ongoing low back and pelvic girdle pain. This paper outlines the need for the clinician to be able to do perform a careful screening examination to differentiate hip pathology from other pathology when treating low back and pelvic girdle pain.

Description: 16 cases with a total of 17 hips diagnosed with AL tears coupled with persistent low back and pelvic girdle pain after MVC. Diagnosis was made with a combination of intra-articular hip block and MRI/arthrogram. Symptoms that may alert the clinician to AL pathology include deep buttock and anterior groin pain, clicking, locking and giving way and a positive impingement test.

Conclusion: Clinicians need to have a high index of suspicion of AL tears in MVC cases with low back, buttock, groin and posterior pelvic girdle pain that fail to resolve with conservative treatment directed at the low back and pelvic girdle. Failure to recognize and address hip pathology may predispose the hip to degenerative changes over time.