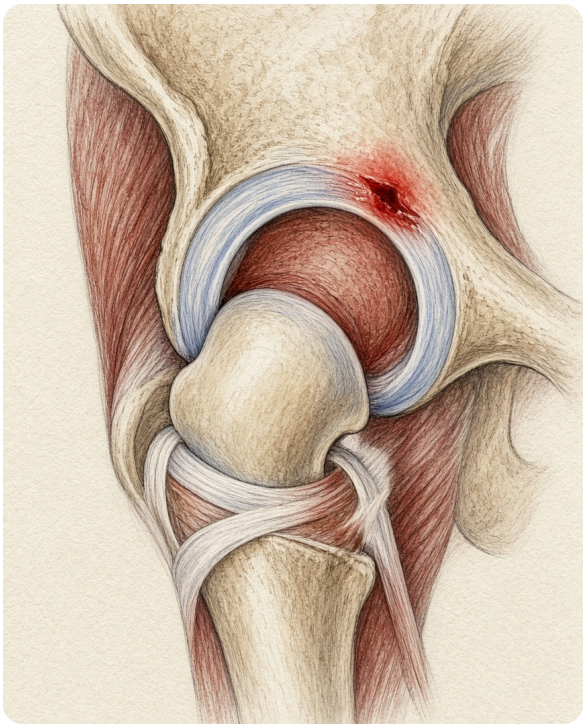
ARMIN PHYSIO



PATIENT GUIDE

Hip Labral Tear

Hip pain that won't go away? It could be a **labral tear.**

Armin Ghayyur
Physiotherapist · arminphysio.com

What is a hip labral tear?

The labrum is a ring of cartilage around the hip socket that adds stability, absorbs shock and seals the joint. It can tear from a sudden injury, repeated twisting and pivoting in sport, or over time with hip impingement. Surgery is sometimes needed, but many people, including athletes, improve a lot with the right rehab: better hip strength and control, and less stress on the joint.

QUICK CHECK

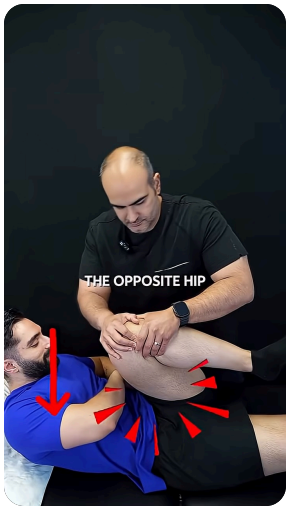
Does this sound like you?

- [ ] Pain in the **front of the hip** that also radiates to the back
- [ ] **Locking or catching** in your hip when you walk
- [ ] Pain bringing your **knee toward your chest and across** to the other hip
- [ ] Pain with **running, squatting, pivoting** or long sitting
- [ ] **Stiffness** and reduced hip mobility

If you ticked a few boxes, your labrum could be involved. Try the 3 exercises on the next pages.



Front pain that radiates to the back



Pain with knee to the opposite hip

YOUR 3 EXERCISES

Try these exercises

1 Kettlebell knee raise

Activates the muscles at the front of the hip



1. **Hook your foot in a kettlebell** like so, or you can use a band.
2. **Bring the knee up** just like so, then **go back down**.
3. Make sure you're activating the muscles in the front, but **don't go to pain**.
4. Repeat.

3 sets of 10–15 reps, slow and controlled

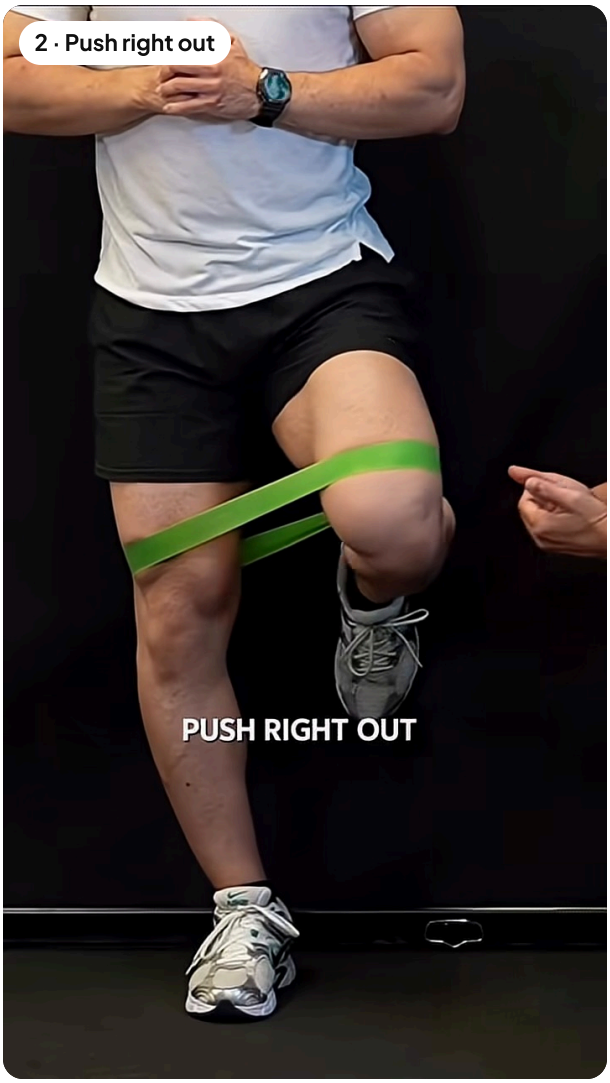
From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

2 Standing banded knee push-out

Activates the hip muscles on the leg you stand on





1. **Loop a band around your knees.**
2. **Have the affected leg supported** like this (standing on it), with the other knee lifted.
3. **Push right out** with the lifted knee, then **go back in**, activating those hip muscles.
4. Repeat.

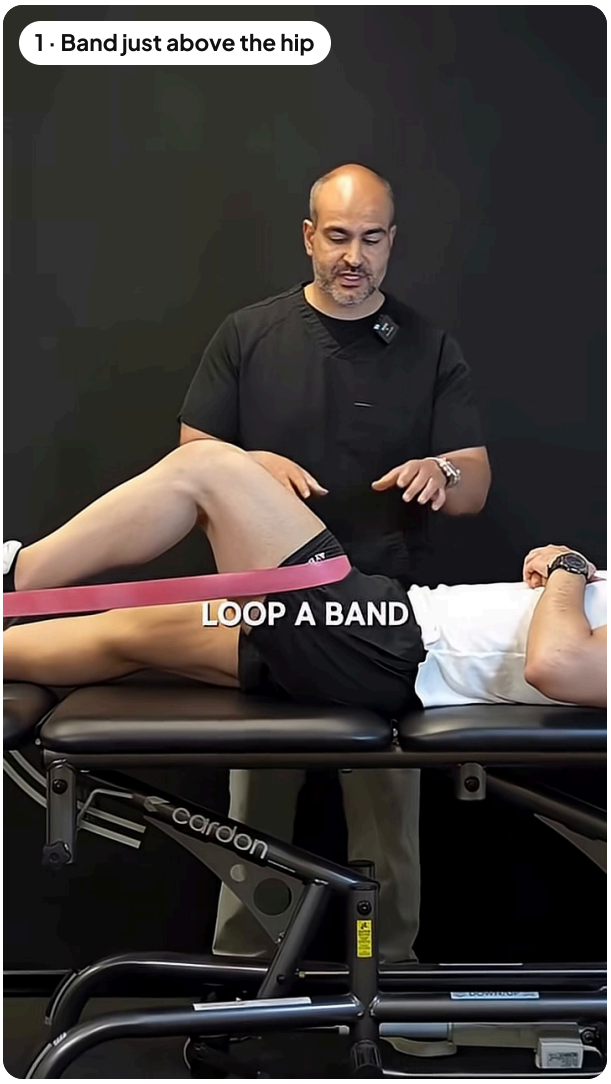
3 sets of 10–15 reps, slow and controlled

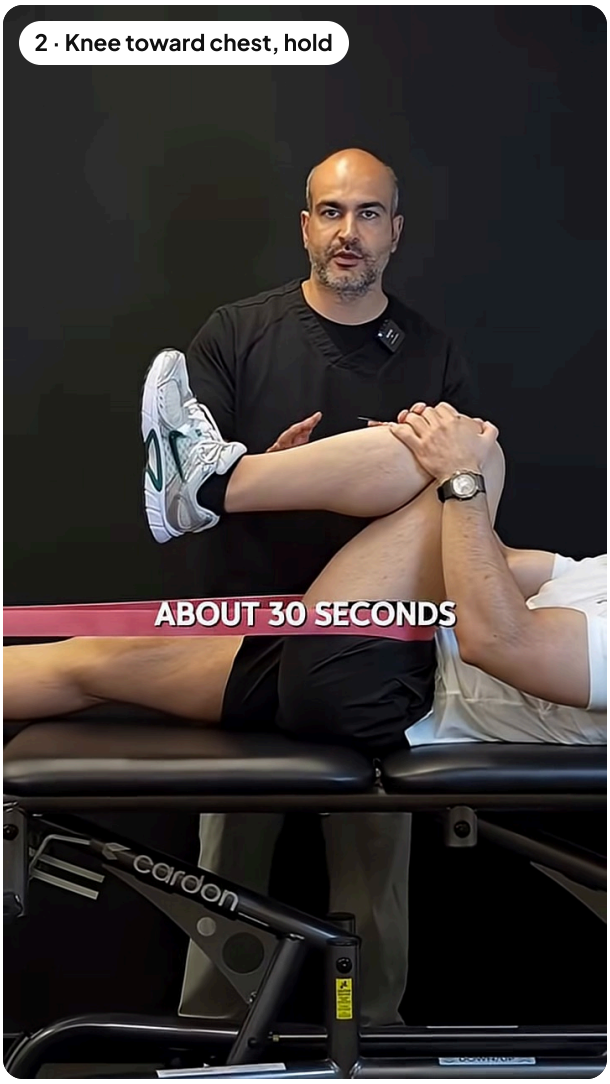
From Armin's video description

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

3 Band hip traction

Creates traction at the hip to increase the joint space





1. To create traction at the hip and increase the joint space, **loop a band just above the hip joint** like so (anchored so it pulls the thigh down and away).
2. **Bring the knee up towards your chest. Hold it for about 30 seconds.**
3. **Slowly go back down.** Stop before you feel the pain, and repeat.

Hold about 30 seconds, 3–5 times

Hold from Armin's video; repeats suggested

Stop if you feel sharp pain, pain that goes above about 4/10 or keeps building, or pain that lingers into the next day.

DAILY ROUTINE · ABOUT 10–15 MINUTES

Put it together

01
Front of hip
Kettlebell knee raise, 3 × 10–15

02
Side of hip
Standing banded knee push-out, 3 × 10–15

03
Traction
Band hip traction, 30 s holds

Sets and reps are from Armin's video description and the 30-second hold is from his video; repeats and doing it once a day are suggestions. Suggested: mild discomfort up to about **4/10** is OK. Don't push through significant pain.

Stop the exercise if you notice

- Your hip **catches or locks**
- Pain that significantly worsens, or goes above about 4/10
- Pain that lingers or is worse the next day

Stop if your pain significantly worsens or your hip begins to catch or lock (from Armin's description).

SAFETY FIRST

Get checked right away if you have

- You **can't put weight on the leg**, especially after a **fall**
- The leg looks **shorter or turned out**, or the hip suddenly won't move
- A **hot, red or swollen** hip with **fever** or feeling unwell
- **Numbness in the groin**, new **bladder or bowel** changes, or leg weakness that's getting worse
- **Constant pain at night** or at rest that doesn't ease
- **Unexplained weight loss** or a history of cancer with new hip pain

If you can't bear weight after a fall, have a hot swollen hip with fever, or have groin numbness or bladder/bowel changes, **go to the nearest emergency department**. For the others, see a doctor promptly. If your hip isn't improving after a few weeks, **book an assessment**.

FREE · STAY IN THE LOOP

Join Physio Updates

My Instagram broadcast channel. Follow **@arminphysio** and tap the channel on my profile to join. More free exercise videos on YouTube **@ArminPhysio**.

Scan for @arminphysio

NEED MORE HELP?

Book an assessment with Armin

In clinic or virtually. See current options and times at the link.

Scan to book

Book →

EMAIL
info@arminphysio.com

WEBSITE
arminphysio.com

INSTAGRAM
@arminphysio

TIKTOK
@armin.phys1o

YOUTUBE
@ArminPhysio

ALSO FROM ARMIN

ZIPDRIP

MOVEWELL med

EASY ALLIED HEALTH
A WELL Health Company

Disclaimer: This handout is for education only. It is not a diagnosis or medical advice and does not replace an assessment by a qualified health professional. If you're unsure whether these exercises are right for you, check with your physiotherapist or doctor first.

ARMIN PHYSIO