

Can I Treat My Hip Impingement or FAI Without Surgery?

A common cause of hip pain is [hip impingement](#), also known as femoroacetabular impingement (FAI). This occurs when the ball and socket of the hip don't fit together and there is extra bone on one or both of the bones that form the hip joint. These bony abnormalities, either on the femoral head or the acetabulum socket, cause pain upon hip movement. Hip pain doesn't need to keep you sidelined; there are many options to address hip impingement, and Mayo's multidisciplinary team of specialists are dedicated to finding the treatment that is right for you.

A range of treatments are available to address these issues, and at Mayo are individualized to each patient, based on first getting the right diagnosis, and then taking into account the patient's unique anatomy, needs, situation, and goals. Our treatment options continue to make tremendous gains, with excellent published patient outcomes. "The understanding of hip impingement has expanded quite a bit over the last 10 years," says [Kelechi Okoroha, M.D.](#), orthopedic surgeon, [Mayo Clinic Orthopedics and Sports Medicine](#), team physician for the Minnesota Timberwolves. "As we learn more about hip impingement, our treatment algorithms continue to evolve."

At-home treatment

When symptoms first occur, try to identify what activity may have caused the pain. Often, resting the hip, modifying activities, and taking over the counter anti-inflammatories such as ibuprofen and naproxen may help. However, if symptoms persist, see a sports medicine specialist, because untreated impingement can cause irreparable damage to the hip joint and lead to arthritis.

Nonsurgical treatment

With hip impingement, it's important to first identify the problem. After we have identified whether it's an abnormality on the femoral head or the acetabulum, we can direct specific treatment towards that patient. "As a general rule, we're quite conservative here at Mayo. We'll always try non-operative treatments that have documented success before jumping into the operating room," says [Bruce Levy, M.D.](#), orthopedic surgeon, [Mayo Clinic Orthopedics and Sports Medicine](#), Professor, Department of Orthopedic Surgery at the Mayo Clinic in Rochester, Minnesota. In mild to moderate cases of hip impingement, symptoms may improve with nonsurgical treatment options that include:

- Pain Medication/Anti-inflammatories
- Activity modification
- Ergonomic Assessment: "We've treated patients that simply had trouble with sitting and created a sit to stand workstation for them, and that was enough to cure their symptoms and make a difference," says [Aaron Krych, M.D.](#), orthopedic

surgeon, co-director, [Mayo Clinic Orthopedics and Sports Medicine](#).

- Physical therapy (including stretching): Physical therapy may focus on core strength, hip strength, and range of motion, and all our hip specialists work together with our physical therapists to come up with your best care plan. “The results of published studies are quite clear that therapy can be very helpful in up to a third of patients, even those that have documented impingement and labral tears,” Dr. Levy explains.
- Ultrasound guided injections: Hip joint injections may include corticosteroids, hyaluronic acid (to aid in lubricating the hip joint), and regenerative medicine. Platelet rich plasma (PRP) and bone marrow aspirate concentrate (BMAC) are orthobiologics that use components of your own body to assist in its healing process. Many of these injections are cutting-edge and still considered experimental by the FDA.

Treatment for children and young adults may be different than what is recommended for adults. At our Rochester, MN location, we have the [Young Adult Hip Clinic](#), with the goal of finding alternatives to hip replacement. Here, our team works to develop a treatment and rehabilitation plan for young adults.

Newsletter and Social Media Headlines and CTA's:

Primary

Headline:

Can my hip impingement be treated without surgery?

Blurb:

Nonsurgical treatments that include physical therapy and ultra-sound guided injections aim to minimize hip pain and restore function

CTA:

You have options

Secondary

Headline:

Are there nonsurgical options for hip impingement?

Blurb:

With a range of nonsurgical options available, Mayo's multidisciplinary team of hip specialists are dedicated to finding the right treatment for you

Button: Help for your hip