



Femoroacetabular Impingement (FAI)



Overview

This is a problem with the hip joint. In a healthy hip, the ball of the femur is smooth and round. It fits perfectly into the hip socket. But with this condition, the ball, the socket or both the ball and the socket are shaped poorly. They don't fit together well. When you move your hip, they rub together harmfully.

Causes

FAI is caused by abnormal bone development. It happens when your bones don't grow properly in childhood. One or more abnormal bone growths form. This creates an unevenness that restricts movement. The ball and socket rub or press against each other instead of gliding smoothly and easily.

Symptoms

Symptoms include pain and stiffness in your hip. You may feel a deep ache, or your pain may be sharp. You may develop a limp.

Treatment

Treatment options include medications and physical therapy. You may need to avoid activities that cause pain in your hip. If these aren't helpful, you may benefit from surgery. Your healthcare provider can create a plan that's right for you.