



Loose Bodies in the Hip



Overview

If you have a strange sensation in your hip joint, it could be a "loose body." That's a bit of bone or cartilage that has broken away and moves around in your joint.

Causes

How do you get a loose body? It can happen because of a traumatic injury or a severe strain. It can also be linked to arthritis or other diseases that weaken the bone.

Symptoms

A loose body can feel like a pebble is caught in your joint. As it moves around, it can cause pain and irritation. It may become stuck between the ball and socket. When that happens, you may feel catching or clicking sensations. Your hip may feel stiff, and you lose some of your range of motion.

Treatment

If you have a loose body, medications and physical therapy may help you. You can also have surgery to remove it. Your healthcare provider will create a care plan that's right for you.