

# Patient outcome following an intra-articular injection and adjunctive rehabilitation program for symptomatic non-arthritic hip pain

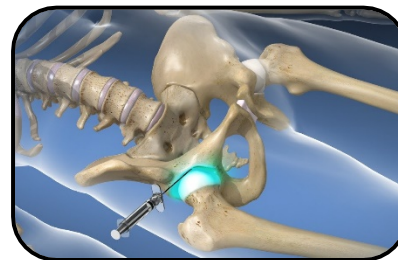
**Introduction:** While the initial treatment recommendations for non-arthritic hip pain may include conservative therapies such as intra-articular steroid injections and rehabilitation, limited research exists evaluating its benefit. This study sought to investigate the benefit of an intra-articular hip injection and concomitant exercise rehabilitation program in patients with non-arthritic, intra-articular hip pain.

**Study Methods:** 50 patients with MRI-confirmed, symptomatic labral pathology and symptoms for  $\geq 6$  months in duration participated in this study. Following an intra-articular injection of corticosteroid and local anaesthetic, patients embarked on a 6-week progressive rehabilitation program. They were assessed pre- and post-injection via surveys, hip movement, strength and hop capacity.

**Results:** Significant improvement in pain, symptoms, movement, strength and functional capacity was observed as a result of the non-surgical treatment regimen.



Exercise Rehabilitation



Intra-articular Hip Injection



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*Significant improvement in pain, symptoms & physical function was observed as a result of a targeted non-operative management pathway consisting of an intra-articular injection and an exercise rehabilitation program*

**Take-home message**