

A Rare Case Of Bilateral Hip Pain In A Young Gymnast

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Abstract

Pathological hip conditions have been associated with a variety of radiological acetabulum variations. These conditions are rare, particularly in the pediatric population and diagnosis is frequently missed leading to profound sequelae in these patients. We report a case of a 13 year old gymnast who presented with bilateral hip pain on active hip abduction, internal and external rotation during gymnastic training for one month duration. There was no history of fall or direct trauma to the hip joints. Clinical examination revealed tenderness bilaterally over her anterior inferior iliac spine and greater trochanter of femur. Initial antero-posterior pelvic radiograph revealed no abnormalities. However, on follow-up two weeks later, her bilateral hip pain worsened with an addition of ambulatory pain and a repeat pelvic radiograph revealed significant acetabulum separation bilaterally. We ruled out a posterior rim sign or secondary ossification center as there is a significant difference between the repeat radiographs which does not indicate a non-pathologic condition. Patient was initially diagnosed with bilateral anterior inferior iliac spine avulsion fracture secondary to rectus femoris injury with a differential diagnosis of triradiate cartilage injury and labral avulsion. She was immediately referred to the pediatric orthopedic department whereby a magnetic resonance imaging was ordered and a provisional diagnosis of femoroacetabular impingement syndrome was made. At the time of this write up, patient is still being followed up and investigated to confirm her diagnosis. To conclude, the diagnosis of bilateral hip pain in adolescence is challenging due to its rare presentation, and awareness amongst clinicians with high index of suspicion is important to ensure early intervention for a good outcome.

Keywords

pelvic pain, acetabulum, pediatrics, femoroacetabular impingement syndrome, gymnastics