

Psoas muscle pain after hip surgery: a case report

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Objective: Highlight the importance of diagnosing psoas muscle pain after hip surgeries

Case Report

- 32-year-old woman with a psoas muscle chronic pain 6-months after fixing an acetabular fracture due to a car accident.
- Characteristics of pain: left groin, shooting; burning, VAS= 8, irradiation to her left hip, worse while sitting and standing up, improves at bedtime and with thigh extension
- Submitted to another surgery to take off the acetabular fixation in order to relieve the pain
- Persistent pain in lateral hip, left groin and gluteus' tendons

Diagnosis and Treatment

- Ultrasound intra-articular hip joint diagnostic block → persisted pain → diagnostic block in the psoas insertion in the minor trochanter under ultrasound guidance → relief of the pain, VAS= 2

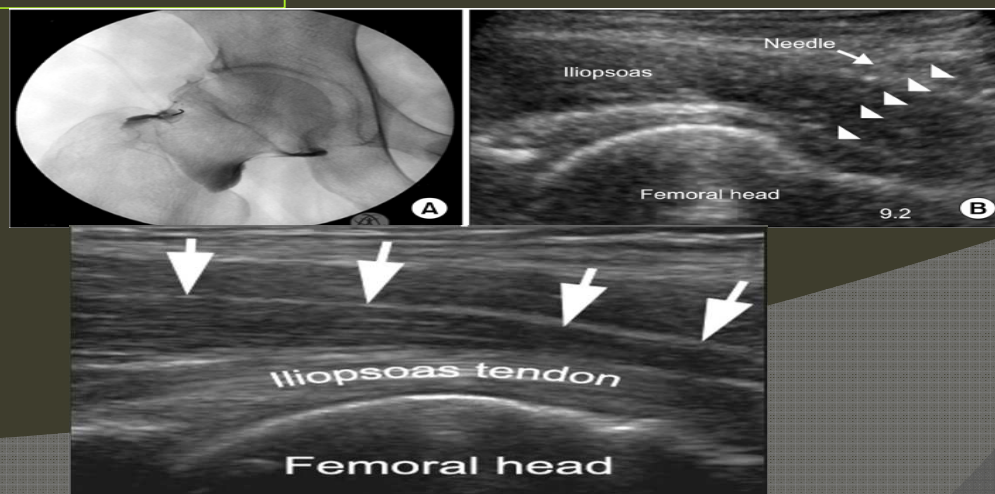
DISCUSSION

Psoas pain after hip surgery is not a common condition and is subdiagnosed

Iliopsoas bursa overlies the anterior aspect of the hip joint capsule, posterior to the iliopsoas tendon and femoral nerve. It communicates with the hip joint in 14% of human population

Conclusion

This case report highlights the importance of a good physical exam and the use of diagnostic block to diagnose psoas muscle pain after a hip surgery, a painful and subdiagnosed condition.



Singh V, Shon WY, Lakhotia D, Kim JH, Kim TW. A Rare Case of Femoral Neuropathy Associated with Ilio-Psoas Bursitis After 10 Years of Total Hip Arthroplasty. Open Orthop J. 2015;2(9):437-40

Cheung Y.M., Gupte C.M., Beverly M.J. Iliopsoas bursitis following total hip replacement. Arch. Orthop. Trauma Surg. 2004;124(10):720-723