

ABSTRACT

The non-traumatic hip pain is a common symptom during the third trimester of pregnancy and it's usually under-diagnosed when there is an underlying disease. Thus, these women must have a correct differential diagnose of the hip pain between two different pathologies.

On the one hand, transient osteoporosis (TO), unusual and unknown etiology that appears on the third trimester of pregnancy or the puerperium, it has a good prognosis towards healing, being its biggest complication a hip fracture.

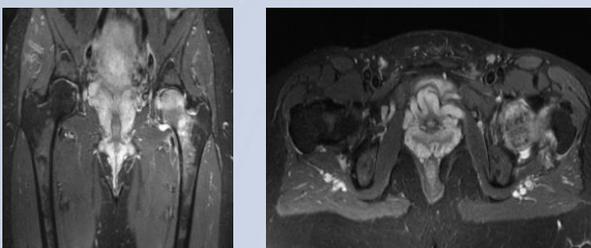
On the other hand, the avascular osteonecrosis (AON), is rare (40 cases), being necessary the separation with the previous diseases for having a worse prognosis than the other cases as it is resolved with an arthroplasty, since the cases of spontaneous healing are exceptional for AON.

METHODS

Case 1: Woman (29 years old) who had bilateral atraumatic hip pain and limited motion during the third trimester of pregnancy. During birth, she noticed a clicking and subsequent functional limitation in both hips. Imaging tests showed subcapital fracture on left hip and TO on right hip.



Case 2: Woman (42 years old) who related atraumatic pain on the left hip and functional limitation after giving birth. On MRI, AON is showed on the left hip with a subchondral fracture.

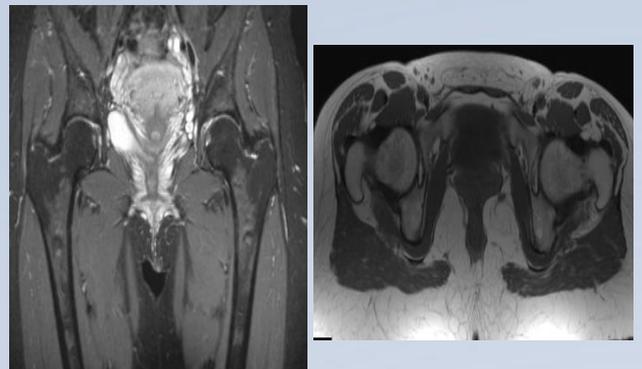


RESULTS

Case 1: Surgery was underwent with cannulated screws fixation and rehabilitation through strengthening exercises, resulting on a great recovery.



Case 2: Rehabilitation based on muscular strengthening exercises in discharge. On MRI, four months after, there are no signs of any injury, with healing ad integrum.



CONCLUSIONS

Our contribution as Physiatriests is to suspect a possible pathology when non-traumatic hip pain appears associated with pregnancy.

MRI is the best test to diagnose it.

The treatment is conservative and it is based on: physical therapy, bed rest, analgesic and prevention of weight-bearing, in order to avoid future associated fractures.

REFERENCES

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