

# A Quick Guide to Hip Dislocation



The hip joint is one of the biggest joints in our body and it helps perform various movements like walking, sitting, bending, and running. Any injury to this joint makes it difficult for the person to move. In this post, we will talk about hip dislocation.

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Let us start with a brief introduction to hip dislocation.

## **What is Hip Dislocation?**

Before hip dislocation, it is important to know the anatomy of the hip joint. Our hip joint is the junction where the pelvis and humerus meet.

The hip joint is a type of ball & socket joint. Here, the humeral head serves as the ball and the pelvic acetabulum serves as a socket where the ball fits. Now, when it comes to hip dislocation, the ball moves out of its socket. A significant traumatic injury is often the cause of hip dislocation. This is a

medical emergency and requires timely assessment by an orthopedic specialist.

### **What Are the Causes of Hip Dislocation?**

Hip dislocation is caused by traumatic injuries like automobile injuries, falling from a significant height, and collisions with fellow players while playing contact sports. While on the other hand, people suffering from conditions like osteoporosis may get their hip dislocated without any significant cause. Even routine activities like running or jumping may dislocate their hips.

Above all, people suffering from hip dysplasia are also highly prone to hip dislocation. Also known as developmental dislocation of the hip (DDH), hip dysplasia is a congenital disorder in which the ball portion of the hip joint doesn't fit well in the socket. This increases the risk of hip dislocation. In such people, very less force is required to dislocate the joint.

### **What Are the Types of Hip Dislocation?**

When a hip dislocates, it could be complete or partial, and these are the types of hip dislocations. Let us have a look at them one by one.

#### **Partial Hip Dislocation (Subluxation)**

As the name suggests, partial hip dislocation is when the humeral head partially moves out of its socket. In other words, during subluxation, the humeral head does not completely come out from the acetabulum.

Now, it is also important to know that subluxations can be mild or severe, and this condition is common in people suffering from hip dysplasia and those with hip replacement.

#### **Complete Hip Dislocation**

Complete hip dislocation means the humeral head moves totally comes out of the socket. Depending on the severity of the condition, this condition may need surgical reduction. Intense pain is experienced when a hip dislocates, and the person will also find it difficult to move.

### **What Are the Symptoms of Hip Dislocation?**

Hip dislocation is a painful condition, and the pain intensity will be defined by the severity of the condition. Here are the other symptoms that a person with dislocated hip may experience:

- Muscle spasms
- Swelling
- Discoloration of the hip joint
- Inward or outward rotation of the hip joint
- Difficulty in bearing weight on the leg of the affected side
- Inability to walk
- Loss of sensation

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