Snapping Hip Syndrome

- Painful snap with hip motion
- Intraarticular
- Extraarticular:
  - Anterior: iliopsoas tendon
  - Lateral: iliobibial tract or gluteus maximus

Outline:

- Snapping Hip
  - Iliopsoas
  - Greater trochanter
  - Hamstring

Iliopsoas Complex


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- Consultant: Bioclinica
- Advisory Board: Philips
- Book Royalties: Elsevier
- Not relevant to this talk

Snapping Hip Syndrome: iliopsoas

- Image long axis to inguinal ligament superior to femoral head
- Extension of flexed abducted and externally rotated hip
- Abrupt movement of iliopsoas as iliacus muscle interposed between tendon and bone moves

Deslandes et al. AJR 2008; 190:576
Snapping Hip Syndrome: iliopsoas

- Oblique-axial plane:
  - Superior to femoral head
  - Lateral to medial
  - Inject between tendon, ilium

- Pain relief = successful iliopsoas surgical release

Blankenship DG. Skeletal Radiol 2006; 35:565

Snapping Hip: lateral

- Transverse over greater trochanter
- Hip external rotation / flexion
- Abrupt motion of iliotibial tract or gluteus maximus over greater trochanter

Greater Trochanter

Yellow arrow = gluteus medius
White arrow = gluteus minimus

Axial MRI

Deslandes et al. AJR 2008; 190:576
Snapping Gluteus Maximus / Iliotibial Band

Trochanteric Region Bursae
- Trochanteric: deep to gluteus maximus
- Subgluteus medius
- Subgluteus minimus
- Axial or coronal plane

Snapping Conjoined Long Head
Biceps Femoris, Semitendinosus
+ Sacrotuberous Ligament

Snapping Hip Syndrome: iliotibial tract

Snapping Hip: take home points
- Iliopsoas
  - Entrapment of medial iliacus
- Greater trochanter
  - Gluteus maximus and iliotibial tract

From Bierry G et al. Radiology 2014;271:162
Spencer-Gardner LS et al. PMR 2015; 7:1102
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