

Hip Pain in Ballet Dancers: A Closer Look

Ballet is a widely practiced but physically demanding form of dance



It involves extreme hip external rotation, making ballet dancers prone to hip and groin injuries



Modes of examination



Patient history



Physical examination



Imaging

Factors to be considered for the management of distinctive hip symptoms in ballet dancers



Ballet-specific movements



Morphologic adaptations of the hip



Culture of the sport

Frequently reported etiologies of hip pain in ballet dancers

While some of these etiologies can be treated non-surgically, others may require surgery

Surgical management

Femoroacetabular and ischiofemoral impingement



Surgical decompression of impingement with judicious capsular management

Hip microinstability



Surgical restoration of soft-tissue stabilizers and/or osseous coverage

Internal snapping hip syndrome



Caution when considering iliopsoas tendon or IT band fractional lengthening to avoid iatrogenic instability

Surgical interventions should be considered only in refractory cases of ballet-specific hip pain