

Psoas Syndrome After Hip Replacement Surgery

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Background

- Iliopsoas muscle pain, commonly referred to as psoas syndrome, can present with hip, groin, or thigh pain and can manifest as difficulty walking¹.
- Most commonly affects athletes, as a result of overuse
- Can also be seen in patients after hip replacement surgery^{2,3}.
- Rare cause of hip pain that can be a difficult diagnosis to establish with imaging
- Ultrasound guided local anesthetic injection into the psoas tendon and subsequent relief of symptoms can help guide diagnosis⁴.

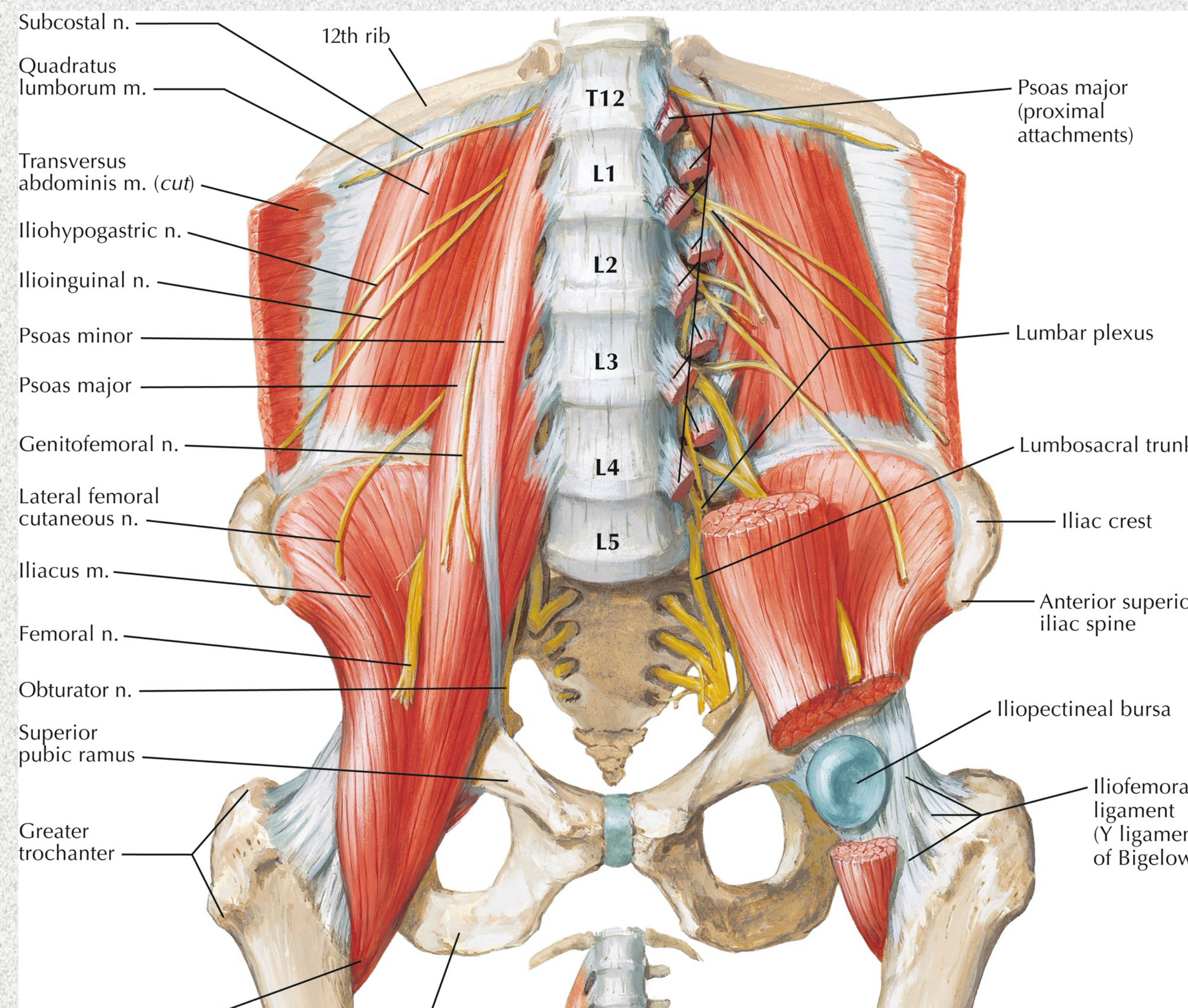


Image from Netter Atlas of Human Anatomy: Classic Regional Anatomy Approach

Case Details: Diagnosis and Treatment

Patient demographics

Age: 58 y. Sex: M



CC: Right sided Groin pain

HPI:

presented for evaluation of worsening, stabbing, right sided groin pain that radiated to his upper pelvis and right thigh. There was no reported inciting event. He previously had a laparoscopic inguinal hernia repair at that site, however there was no evidence of recurrent hernia per evaluation by general surgery. The patient endorsed numbness in the groin region as well, however had no alarm symptoms

PMHx:

Juvenile arthritis
Sjogren's syndrome
Rheumatoid arthritis

PSHx:

bilateral hip replacement (1998)
Laparoscopic inguinal hernia

Meds:

Gabapentin
Pregabalin
Chronic steroids
NSAIDs

Social History

Former smoker
1-2 drinks alcohol weekly

Imaging:

MRI: synovitis of R hip

Labs:

CBC/BMP/inflammatory markers
normal

Ilioinguinal and
Iliohypogastric blocks



Fascia iliaca block



Psoas muscle
injection with
lidocaine: Immediate
relief



Discussion

- Psoas syndrome can be debilitating and challenging to diagnose.
- After diagnosis is established, most patients will respond to conservative management including physical therapy of the affected muscle, tendon and surrounding anatomic structures.
- Psoas syndrome specifically due to hip replacement surgery typically does not improve with just conservative measures and requires procedural or even surgical intervention⁴.

References

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