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Hip-hop: A Case of Transient Osteoporosis of Both Hips.

Aims: To educate about transient osteoporosis of the hip

To inform about the diagnosis and management of this rare entity.

Case presentation:

We present the case of a 48-year-old gentleman who had acute, atraumatic, severe left hip pain with inability to bear weight. An MRI performed showed bone marrow edema and intraarticular effusion with synovitis, suspicious for transient osteoporosis of the hip. With conservative measures, this hip pain resolved after 6 months.

A year later, the same symptoms had hopped to his right hip with MRI showing similar findings in the right hip and complete resolution of all abnormalities in his left hip. This also completely resolved in a few months and then was referred to rheumatology for evaluation.

Following a literature search, we sent for a full osteoporosis workup, which showed low vitamin D 25-OH levels and an osteopenic Bone Mineral Density (BMD) measurement. No bisphosphonates were given since the episodes had resolved. He was prescribed calcium and vitamin D3.

Discussion:

Transient osteoporosis of the hip is a rare condition that affects middle-aged men as well as women in the later stages of pregnancy. The diagnosis is made by combination of clinical history, exam as well as MRI. It is usually unilateral and can very rarely reoccur in the other hip. Treatment is usually conservative with NSAIDs, rest, limited weight-bearing. Bisphosphonates and teriparatide have been used in literature to help speed up healing. Surgical core decompression is used for refractory cases.