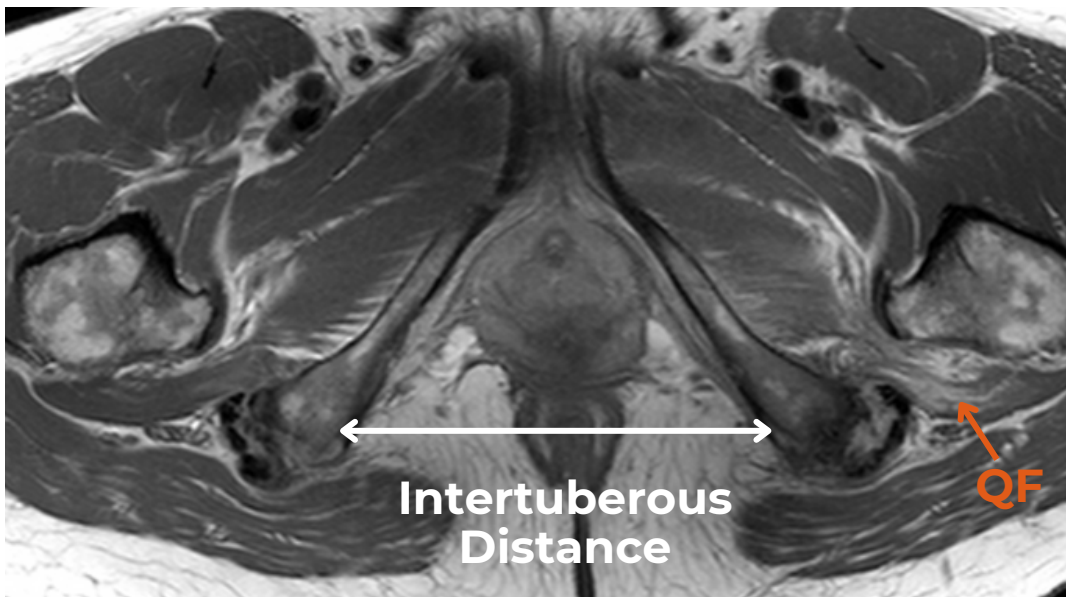


HIP FACTS FROM THE LITERATURE #70

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LARGER INTERTUBEROUS DISTANCE IS ASSOCIATED WITH ISCHIOFEMORAL IMPINGEMENT



In IFI, the quadratus femoris (QF) is impinged between the ischial tuberosity and the lesser trochanter.

IN FEMALES, INTERTUBEROUS DISTANCE IS LARGER IN THOSE WITH IFI. FEMALES HAVE LARGER INTERTUBEROUS DISTANCE THAN MALES. BONE SHAPE CONTRIBUTES TO HIGHER IFI PREVALENCE IN FEMALES.

Larger intertuberosity distance is associated with Ischiofemoral Impingement in females. Females tend to have larger intertuberosity distances than males for the purposes of passing babies through the pelvis! This is likely to be one of the reasons for higher prevalence of ischiofemoral impingement in females.

This condition is under-recognised, most commonly misdiagnosed as gluteal tendinopathy/bursitis or lumbar related pain/radiculopathy. Make sure this condition is on your radar. Previously referred to as a 'rare' condition, it is increasing becoming recognised as a much more common condition. If a patient presents with lower buttock pain or retrotrochanteric pain (pain behind rather than over the greater trochanter), make sure IFI is on your list of differentials.

Wang Y, et al. Sex-specific bone and muscular morphological features in ischiofemoral impingement: A three-dimensional study. Clin Anat. 2023 Nov;36(8):1095-1103.