



Sports Hernia

A Sports Hernia is chronic exertion pain like kicking or fast twisting movements in the lower abdomen and groin region. The hip is composed of the ilium, ishium, pubic and femoral bones. The pubic region contains the groin muscles, which assist in twisting and side to side movements. Sports such as soccer and hockey are more susceptible to sports hernias due to the explosive repetitive movements.

A Sports Hernia occurs when there is a tear in the lower abdominal muscles or tendons, a tear in the inguinal floor, or a tear in the oblique muscles. This is different from a hernia because the colon is not the part responsible for the protrusion, rather it is the muscle. The pain can have a gradual onset or be from a single incident. There is pain in the pubic region just below the belt line. The pain is absent with normal activity, but return with explosive movements and rigorous activity. The best way to diagnose a Sports Hernia is through a MRI and bone scan of the pelvis.

Treatment for this condition is rest and proper time for healing, NSAID's, and avoiding the painful movements. Other conservative methods include ultrasound, trunk stabilization, strengthening the lower abdominals, and adductor groups. Surgery is needed for the severe cases. A surgeon can repair the pelvic floor, use mesh fibers to reattach partial tears, or perform an adductor release to relieve pressure off the inguinal ligament.

Highlights:

- The athlete will complain of pain with explosive movements in the groin area just below the belt line.
- Surgery is sometimes needed to repair the torn tissue
- Treatment is variable based on the condition and the severity, so contact your physician if the pain is severe.

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