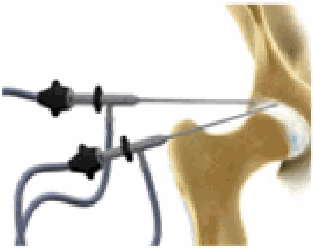


Orthopaedic and Sports Injuries Services "OASIS"

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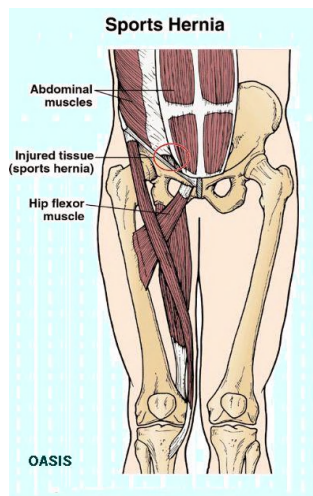
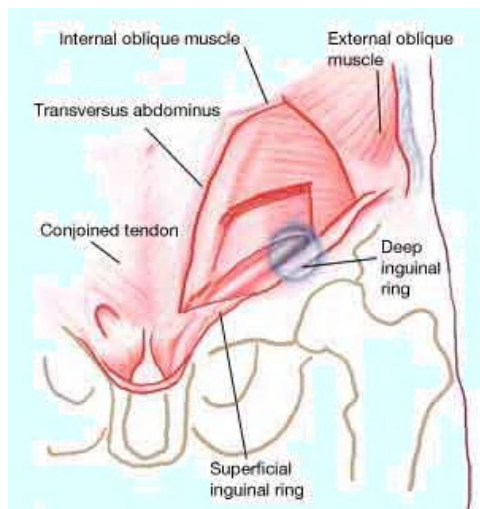


Sports Hernia

What Is It?

A sports hernia is a soft tissue injury to the front of the pelvis. It is typically associated with pain across the front of the pelvis and hip. The true abnormality of a sports hernia is thought to be a weakening or defect of the soft tissues such as the abdominal muscle fascia as they insert on the pubic bone of the pelvis. This weakening can be associated with pain along the pubic bone termed “athletic pubalgia”. Unlike other medical hernias, there is not typically a frank tissue opening with the associated bulge or passage of other organs or tissues. A Sports Hernia is often referred to as athletic pubalgia, Gilmore’s groin or a hockey hernia and is a common groin injury experienced by athletes. It was first recognized as “Gilmore’s Groin” in 1980, following the groin repair treatment of some professional soccer players who were unable to participate in their sport for a few months because of an undiagnosed groin injury. A Sports Hernia involves severe musculotendinous injuries (relate to muscles and tendons) that result in chronic groin pain and a dilated superficial inguinal ring. Generally a tear in one of your lower abdominal muscles (oblique muscles, rectus abdominus muscle) near the back wall of your inguinal canal (narrow passage through your abdominal wall in the lower region on either side of your pubic area), or in your connective tissues (conjoined tendon, inguinal ligament, transversalis fascia, or aponeurosis) where your muscles meet the bones and other tissues of your pelvis and/or pubic bone will be present. A Sports Hernia results in a “hidden” hernia that has no visible bumps or lumps but causes pain in your lower abdomen and groin (especially when twisting or turning while running at a high speed). Often you will experience a torn adductor muscle along with this injury.

Note: An inguinal hernia involves a tear in a body tissue (normally a muscle) that shows a visible bulge or bump in your lower abdomen. Gilmore’s groin has no obvious hernia (bump or bulge).



Why does it occur?

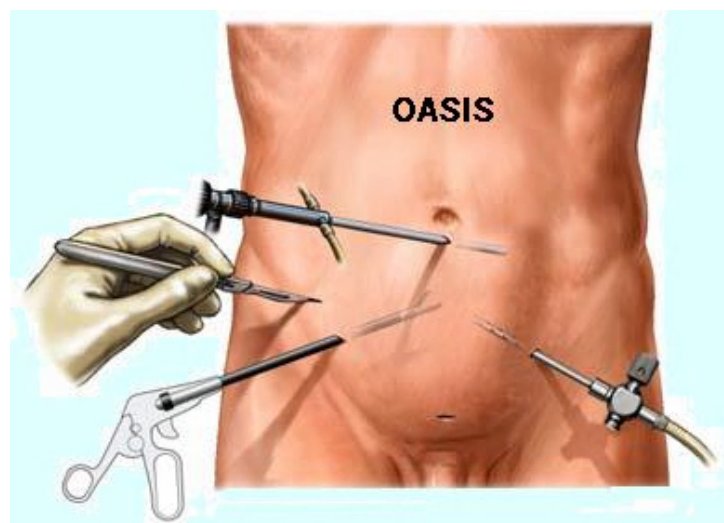
No one is sure how a sports hernia arises. In fact, its existence is controversial. Most sports hernias are diagnosed in male contact athletes. Sports hernia may be diagnosed in the setting of hip problems such as femoroacetabular impingement (FAI).

How is it diagnosed?

A sports hernia is a clinical diagnosis based on a patient's history of symptoms and a thorough physical exam. A bone scan or MRI scan may be helpful in confirming the diagnosis, although these types of studies are often interpreted as normal. A specialist surgeon should be consulted for an evaluation.

How should it be treated?

Many sports hernia symptoms can be managed nonoperatively. Operative intervention may involve a laparoscopic or open surgical repair of the weakened tissue.



What if I have been treated for a sports hernia and am still having pain?

A sports hernia may be diagnosed in the setting of hip problems such as femoroacetabular impingement (FAI).

What Are Some of The Risks?

Basic surgical risks include infection, bleeding, and anaesthesia. Other risks include damage to normal nerves, blood vessels, and surrounding muscle tissue. This is not an all-inclusive list.

If you are interested in making an appointment to discuss a treatment, please click here to [contact us](#), or telephone 01215807406

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