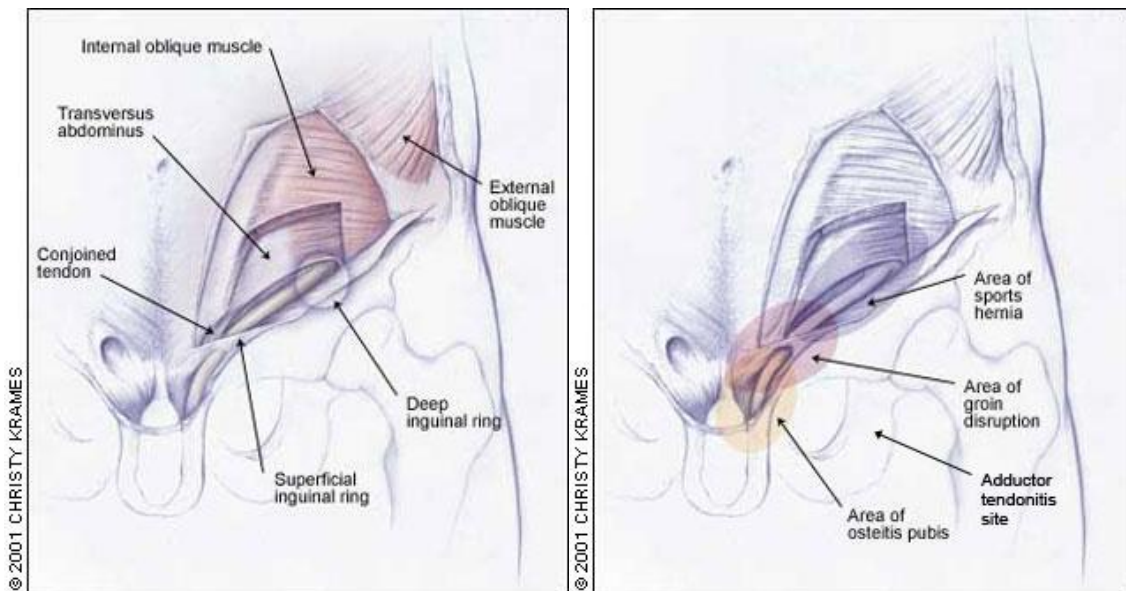


FOOTBALLERS GROIN

MECHANISM OF INJURY (How Does it Happen)

Footballer's groin usually refers to one of three conditions or a combination of them. The three conditions are:

- ❖ **Osteitis pubis (OP)** Inflammation and sometimes degeneration of the pubic bone.
- ❖ **Inguinal wall hernia** is an insufficiency or tear in the lower abdomen in the conjoint tendon/inguinal region.
- ❖ **Adductor tendinitis** is inflammation in the groin muscle (adductors)tendon



WHAT DO I LOOK FOR?

Pain and tenderness to touch in the pubic, groin, inner thigh or lower abdominal region.
Pain with running, kicking, situps, coughing and/or kicking.
Weakness in the adductor muscles.

WHAT CAUSES IT?

Overtraining.
Reduced pelvic control and imbalances of the pelvic muscles.
Over use of the adductors.
Kicking sports such as football.

WHEN DO I SEE SOMEONE FOR HELP?

Your Practitioner will be able to provide an accurate diagnosis and an appropriate management plan. Often this problem can require a Sports Medicine Doctor, Physiotherapist, and/or Podiatrist to assist.