



MEDICAL MOMENTS by



## Lumbar Radiculopathy or “Sports Hernia”

### **And Effective, Conservative Treatment with Physical Therapy**

Up to 18% of athletes present to their physician with groin pain. And this activity-restricting pain is common in athletes from soccer, football, basketball, track-and-field, and tennis. But *Athletic Pubalgia*, or “Sports Hernia,” a strain or tear of the adductor muscles, can be difficult to diagnose.<sup>1</sup>

Ghaly and colleagues reported on one such athlete who underwent laminectomy and discectomy for lumbar radiculopathy, which resulted in no relief.<sup>2</sup> They recommend an earlier consideration of Sports Hernia<sup>2</sup>, which can often be treated conservatively with physical therapy, or at least with surgery and post-operative rehabilitation.

Because of the common symptoms of Sports Hernia:

1. “Deep” groin or lower abdominal pain with exertion
2. Pelvic floor weakness
3. Adductor/hip flexor weakness
4. Dysfunction with movement of the pelvic-femoral alignment

pelvic floor physical therapists are uniquely well trained to help address sports hernias.

<sup>1</sup>Kachingwe & Grech. (2008). Proposed algorithm for the management of athletes with athletic pubalgia (sports hernia): A case series. *JOSPT*, 38 (12), 768-783.

<sup>2</sup>Ghaly, et al. (2019). Athletic pubalgia misdiagnosed as lumbar radiculopathy—A case report. *Surgical Neurology International*, 10, 1-3.

Pain in your groin or Pelvis? Consider Pelvic Floor FYZICAL Therapy.

**Schedule Now**

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For more information visit: [www.FYZICAL.com/Oklahoma-City](http://www.FYZICAL.com/Oklahoma-City)

### **5 Signs of “Sports Hernia”**

- ♦ **Deep groin pain**
- ♦ **Pain exacerbated with sport activities**
- ♦ **Tenderness over Pubic Ramus**
- ♦ **Pain with resisted hip adduction**
- ♦ **Pain with resisted sit-up**

**Love Your Life!**

