

# Sportsman's groin

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This specific entity is well described and presents with severe - pain in the groin area, often extending into the upper thigh and the scrotum in men. It is seen in both men and women - who play contact sports such as football and rugby . The pain can be debilitating and prevent the patient from exercising. On examination there may be some tenderness in the region of the inguinal canal, over the pubic tubercle and over the insertion of the thigh adductor muscles. Tightening the hip flexor or thigh adductor muscles against resistance may reproduce the pain. Usually no hernia is present. In most cases, the pain is due to adductor strain or pubic symphysis diastasis. However, some believe that it can be due to muscle tearing (Gilmore's groin) or stretching of the should be excluded, such as hip, pelvic or lumbar spinal disease and bladder/prostate problems. MRI is most likely to detect a musculoligamentous problem but ultrasonography or laparoscopy may be used to exclude an underlying hernia. Hernia surgery should be a last resort and the patient should be warned of a significant risk of failure to relieve the pain. The same is true for patients with groin pain and no obvious hernia, even if a small hernia is noted on groin ultrasound.

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