
A speedy recovery for chronic groin pain in ‘sports hernia’

Tuesday 9 May, 2017

‘Sports hernia’ remains a controversial diagnosis for most surgeons, but it describes a syndrome of disabling chronic athletic groin pain, according to Qld Surgical Trainee and researcher at the Hernia Institute Australia (HIA), Dr Omar Rodriguez-Acevedo.

Dr Rodriguez-Acevedo is presenting the results of a study at HIA and Macquarie University Hospital (MUH) of amateur and professional athletes between 2013 and 2016 at the Annual Scientific Congress (ASC) of the Royal Australasian College of Surgeons (RACS) in Adelaide.

The condition is most frequent in sports such as soccer, AFL and rugby, involving kicking or sudden pivoting/turning/cutting manoeuvres while running.

“The exact cause for pain is often unclear and examination findings are sparse, but a high success rate is consistently reported to a variety of surgical approaches categorised as ‘inguinal hernia repairs’,” Dr Rodriguez-Acevedo said.

“This generally involves a small incision and a laparoscopic repair where the hernia space, the bulge, the back of the pubic bone and joint is supported by mesh.

“Laparoscopic repair has the advantage of allowing an earlier return to play than open repair.”

In the three year study by the Hernia Team at MUH, 59 amateur and professional athletes, 56 males and 3 females, aged between 17-79 years, and diagnosed with ‘Sports hernia’ underwent laparoscopic surgery.

Extended mesh placement ensures wide coverage of the pubic bone surfaces which, after adequate tissue healing and integration of the mesh into the back of the pubic bone, forms a passive ‘brace’ of the joint.

In the follow-up period from 1 to 36 months, a successful outcome was achieved in all cases. All athletes reported loss of previous exertional groin pain with return to normal activities within three weeks, training by 6 weeks, and competition by 8 -13 weeks.

“Sports hernia can be successfully managed with a laparoscopic inguinal repair technique that aims to brace the symphysis pubis.

“We believe that pubic instability plays an important role in chronic refractory athletic groin pain and that the bracing effect of mesh on the symphysis is the most likely explanation for the success of laparoscopic repair,” Dr Rodriguez-Acevedo said.

Up to 1500 surgeons are meeting in the Adelaide Convention Centre this week for a series of workshops, discussions, Plenaries and masterclasses across a broad range of surgical issues.

About RACS

RACS is the leading advocate for surgical standards, professionalism and surgical education in Australia and New Zealand. The College is a not-for-profit organisation that represents more than 7000 surgeons and 1300 surgical trainees and International

Media inquiries: **Greg Meyer, Manager Communications & Advocacy**
t: +61 3 9249 1263 | m: +61 429 028 933

MEDIA RELEASE

ROYAL AUSTRALASIAN
COLLEGE OF SURGEONS



Medical Graduates. RACS also supports healthcare and surgical education in the Asia-Pacific region and is a substantial funder of surgical research. There are nine surgical specialties in Australasia being: Cardiothoracic surgery, General surgery, Neurosurgery, Orthopaedic surgery, Otolaryngology Head-and-Neck surgery, Paediatric surgery, Plastic and Reconstructive surgery, Urology and Vascular surgery.
www.surgeons.org

Media inquiries:

Greg Meyer, Manager Communications & Advocacy
t: +61 3 9249 1263 | m: +61 429 028 933