

CASE 2

HISTORY

31 y.o. male professional soccer player.

Normally trains on a daily basis.

Several episodes on pain in both adductors and in inguinal region over the years.

Normally treated with short duration of rest, modified training and some oral anti-inflammatories.

In the past the pain settled with 2 -3 weeks. Now: Gradual onset left sided groin pain – over the past 6 weeks.

Pain located around inguinal region on the left side. The pain is worse on sprinting and changing directions.

Initially able to train and play without performance being affected. Since 4 weeks pain after warming up.

Now unable to sprint fully or change direction at speed.

Past medical history: right sided partial medial meniscectomy.

Previous injury: 5 years ago right sided partial medial meniscectomy, good recovery. Contusions. Previous hamstrings strain left side 3 years ago with good recovery.

Medically fit, no health issues. Medication: none. No allergies.

EXAMINATION

General – healthy athletic male. Mild varus alignment both legs.

Lumbar spine – normal pain free range of motion. Horizontal pelvis.

Hip: Normal pain free flexion. 10 degrees internal and 40 degrees external rotation bilaterally. No pain on Faber or FADIR test. Groin region: no swelling, bruising, scars.

Palpation: Pain on palpation of the left external inguinal ring, conjoined tendon and inguinal ligament. There is no palpable inguinal hernia. No pain on palpation of proximal adductor tendon or attachment at the pubic bone. No pain on palpation of iliopsoas, rectus abdominus or other structures in the groin region.

Resistance testing: Hip adduction 0°, 45°, 90° - no pain, good strength. Hip flexion 0° and 90° - no pain, good strength.

Hip abduction 0° and 45° - no pain, good strength. Abdominal – sit up in 45° hip flexion –pain in left inguinal region, good strength. Oblique sit ups 45° hip flexion – pain in left inguinal region, good strength.

Stretch tests: symmetrical length of adductors with no pain on stretching. Symmetrical length on testing hip flexors and no pain on stretching.



X-ray report:

AP pelvis: Hip and sacroiliac joints normal. No soft tissue abnormality. Moderate sclerosis of pubic symphysis.

USS report:

Ultrasound groin: there is no musculotendinous strain. No avulsion of the adductor longus tendon. Rectus abdominus muscles normal. The psoas muscles are normal. There is moderate bilateral bulging of the posterior wall of the inguinal canal, more on the left. No inguinal hernia.