In-Season Management of Athletic Pubalgia/Sports Hernia
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**Athletic Pubalgia**

- Chronic inguinal or pubic pain in athletes which tends to be only exertional in nature. Patients do not have a palpable inguinal hernia and after appropriate evaluation do not have any underlying secondary etiology of their pain
- Synonyms
  - Hockey groin syndrome
  - Slap shot gut
  - Gilmore’s groin
  - Sports hernia
  - others
- Three problems
- Pain in the inguinal canal and internal ring
- Pain in the adductor region usually high near the origin on the pubis
- Pain along the insertion of the rectus along the pubis which is different from Osteitis Pubica which is pubic symphysis pain and joint disruption

- Non-Operative Therapy
- Stretching
- PT
- Rest

- Operative Therapy
- Adductor Release
- Hernia repair with mesh and partial release of the aponeurosis of the internal/transverse abdominus muscles

