

Title of Presentation

Updates in the Care of Athletic Hip and Groin Pain

Please check the appropriate time for your presentation

60 minutes

Instructional Level

Intermediate

This presentation falls into the following category:

Orthopedic, Manual Therapy, Sports Medicine

Course Description

Athletic hip and groin pain have previously been described with many terms due to the complex and overlapping nature of many pathologies in the area. Recently published agreements and clinical practice guidelines have helped clarify and add to the body of knowledge in this area. This session will examine what can be challenging, and at times complex, injuries to the hip and groin in athletes. The pelvic region has a complex network of anatomy and muscle attachments that can complicate the understanding of pathologies in this area. This session will review the importance of anatomical attachments and how the substantial and often repetitive forces experienced across these structures may result in the development of pathological conditions in athletes. Presenters will utilize dynamic visuals including Anatomage digital anatomy software, as well as cadaveric images and videos to add to the impact of specific anatomical structures in these complex conditions and diagnoses.

Identification of hip and groin pain is critical to differentiate from other injuries. These injuries may have bone, joint, and/or muscle tissue involved in the pathology, and may require rest and other modalities in the early phases of recovery. This session will cover important pieces of examination and early clinic-based management of pain.

There is then a careful, gradual rehabilitation and strengthening that will require frequent progression (and possible regression at times) to successfully return to sport. This session will review applicable methods for controlling/monitoring load in these athletes as it relates to the complex nature of hip and groin pain. As we discuss rehabilitation and strengthening possible prevention will be explored.

Learning Objectives

Demonstrate a strong understanding of hip and pelvic anatomy along with the effect of structure on function in the athletic population.

Describe the Patho mechanics for common injuries related to hip groin pain in the athletic population.

Outline the foundation for a good clinical examination of the hip and groin to properly diagnose pathology/ Discuss treatment strategies to progress the athlete from early rest to full competition.

Demonstrate rehabilitation and strength training practices as they relate to treatment and prevention.

Key References: Minimum of 5 current references

Enseki KR, Bloom NJ, Harris-Hayes M, Cibulka MT, Disantis A, Di Stasi S, Malloy P, Clohisy JC, Martin RL. Hip Pain and Movement Dysfunction Associated With Nonarthritic Hip Joint Pain: A Revision. *J Orthop Sports Phys Ther.* 2023 Jul;53(7):CPG1- CPG70. doi: 10.2519/jospt.2023.0302. PMID: 37383013.

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Martin RL, Takla A, Disantis A, Kohlrieser D, Enseki K, Lifshitz L, Grant L, Bizzini M, Voight M, Ryan M, McGovern R, Tyler T, Steinfeld-Mass Y, Campbell A, Zhang Y. Evaluating Functional Performance Tests in those with Non-arthritic Intra-articular Hip Pain: An International Consensus Statement. *Int J Sports Phys Ther.* 2023 Dec 2;18(6):1346-1355. doi: 10.26603/001c.89269. PMID: 38050542; PMCID: PMC10693491.

McGovern RP, Martin RL, Kivlan BR, Christoforetti JJ. NON-OPERATIVE MANAGEMENT OF INDIVIDUALS WITH NON ARTHRITIC HIP PAIN: A LITERATURE REVIEW. *Int J Sports Phys Ther.* 2019 Feb;14(1):135-147. PMID: 30746300; PMCID: PMC6350663.

Thorborg K, Reiman MP, Weir A, Kemp JL, Serner A, Mosler AB, Hölmich P. Clinical Examination, Diagnostic Imaging, and Testing of Athletes With Groin Pain: An Evidence-Based Approach to Effective Management. *J Orthop Sports Phys Ther.* 2018 Apr;48(4):239-249. doi: 10.2519/jospt.2018.7850. Epub 2018 Mar 6. PMID: 29510653.

Weir A, Brukner P, Delahunt E, Ekstrand J, Griffin D, Khan KM, Lovell G, Meyers WC, Muschaweck U, Orchard J, Paajanen H, Philippon M, Reboul G, Robinson P, Schaches AG, Schilders E, Serner A, Silvers H, Thorborg K, Tyler T, Verrall G, de Vos RJ, Vuckovic Z, Hölmich P. Doha agreement meeting on terminology and definitions in groin pain in athletes. *Br J Sports Med.* 2015 Jun;49(12):768-74. doi: 10.1136/bjsports-2015-094869. PMID: 26031643; PMCID: PMC4484366.