

Groin and Hip Quandaries

Helen Millson

Sports Physiotherapist Specialist, South Africa

Abstract

Statement of the Problem: Groin and hip injuries are one of the most common injuries in high intensity team sports. There is little International consensus on terminology, classification, pathophysiology, investigation or management of groin pain.

The diagnosis is multifactorial and the prevalence of radiographic groin and hip abnormalities is considerable. Although groin and hip tests have been documented, many of the studies are of poor quality and the results of research difficult to interpret and implement into practice. Further improvements are needed in relation to nonsurgical and surgical management—and the timing of these management approaches. There is no consensus as to the ideal operating technique for groin injuries, although hip surgery has been constantly evolving. Further research is required regarding rehabilitation protocols.

Methodology: As the diagnosis is multifactorial, one of the key points is to understand the entire anatomy and most importantly, the functional anatomy. The purpose of this study was to explore all knowledge, both EBM and practical, of hip and groin pathologies and to solve this complexity by showing that these pathologies may be averted by a prevention strategy in the first place.

Findings: During the past decade, the field has evolved and an evidence-based understanding is slowly emerging. The Doha Agreement (2015) was an excellent step forward in attempting to clarify this complex area.

Conclusion and significance: As our understanding of the anatomy / functional anatomy, as well as the biomechanics of the normal hip vs the pathologic hip advances, future efforts should focus on Prevention. One needs to assess how the patient's functional movement influences both the hips and the pubic symphysis and then undertake a thorough and specific Pre-habilitation protocol, bearing in mind the entire kinetic chain and taking into account the Neuro - motor control thereof. This should be a major factor regarding the young athlete.

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***Corresponding author:** Sports Physiotherapist Specialist, South Africa. Email: info@helenmillson.com

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