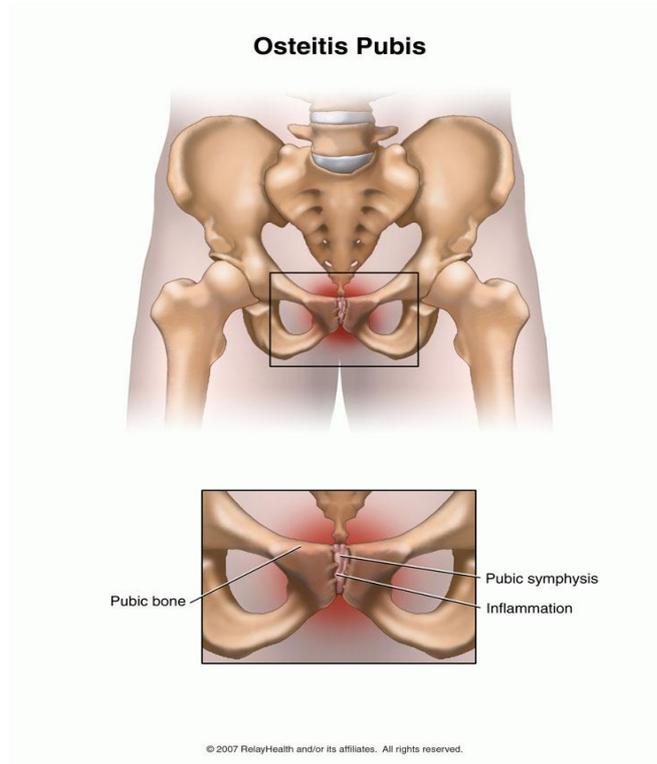


Groin Pain & Osteitis Pubis

What is Osteitis pubis?

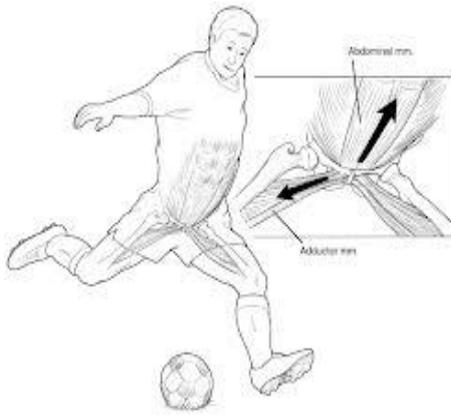
Osteitis Pubis is the inflammation of the pubic symphysis which is the midline joint where the two bones of the pelvis meet. The pubic symphysis is a cartilaginous joint with very little movement. The most amount of movement at this joint results from shear forces produced at the joint.



Pain in the groin area with running is one of the main signs of Osteitis pubis. Pain is often felt in the lower abdomen and around the hips which can either occur on one side only or bilaterally. The pubic bone is also generally tender on palpation in those with Osteitis pubis. Pain is generally felt with running, kicking and sit-ups.

Causes:

Osteitis pubis is generally caused by repetitive trauma and inappropriate shear forces on the joint and surrounding fascia. Shear forces can occur due to rapid twisting and turning at speed, and kicking. Due to this it occurs more commonly in soccer players than any other sport.



Mechanical factors that have been shown to increase the shear force on the symphysis pubis and contribute to pain around the area are: limited hip rotation, limited lumbar range of movement, muscle imbalance around the pelvis and overuse. There is also a strong association between the delayed onset of the internal abdominal muscles, transverse abdominus, and chronic groin pain.

How to treat Osteitis Pubis:

Depending on the clinic findings during assessment, your chartered physiotherapist will advise on the most appropriate individual management plan. Conservative management often includes pharmacologic management and the use of anti-inflammatory medication, the application of therapeutic modalities such as ultrasound and ice, and a progressive rehabilitation program.

A rehabilitation program can include some or all of the following: flexibility exercises, strengthening of the hip muscles, cycling and swimming, walk/jog program, jogging on an incline, abdominal exercises, and progressive kicking exercises.

How to avoid this injury?

To help avoid this injury ensure to gradually build up any training program. It is also important to have appropriate lower limb and core strength necessary for the specific sport being played. This can be developed through an individualised training program and Pilates classes.

