

GROIN INJURIES FACTS AND FIGURES



BOTH THE BELGIAN CAPTAIN
VINCENT KOMPANY
& ENGLISH CAPTAIN
STEVEN GERRARD



WERE MANAGING

**CHRONIC GROIN
INJURIES**

DURING THEIR WORLD CUP
CAMPAIGN

ALEX OXLADE - CHAMBERLAIN

MISSED MUCH OF
THE 2013/14 SEASON
WITH ATHLETIC
GROIN PAIN



A number of Premier League Clubs
lost players to **athletic groin pain**
for 16 weeks or more , potentially
costing them over

2 million
in wages alone



PREVIOUS ACUTE GROIN INJURY

HAS SIGNIFICANT

RISK FACTOR

FOR FUTURE INJURY
IN SOCCER PLAYERS

Terms used include
**SPORTSMANS HERNIA,
GILMORES GROIN,
OSTEITIS PUBIS AND
SLAPSHOT GROIN**

depends which country you are
in, all describe same problem



MECHANICAL OVERLOAD

IN HIGH SPEED CHANGE
OF DIRECTION

SIX PREMIER LEAGUE CLUBS

ALREADY HAD A PLAYER
MISSING WITH GROIN PAIN
ON OPENING WEEKEND



3D BIOMECHANICS

ALLOWS ANALYSIS OF
HIGH-SPEED SPORT
SPECIFIC MOVEMENT



Caleb Sturges
Miami Dolphins NFL
\$2.3 million player is
currently out with

**GROIN
INJURY**

COMMONLY A CONDITION MANAGED BY
SURGERY FOR A HERNIA, WHICH FEW
STUDIES HAVE SHOWN EXISTS, OR INDEED
BY CUTTING HEALTHY TISSUES.

TOM BARRASS

West Coast Eagles
AFL player is out for
season with **Groin Injury**



WEST COAST
EAGLES

SSC RESEARCH

recently submitted to British
Journal of Sports Medicine finds
rehabilitation superior to surgery

**RESEARCH SUGGESTS ATHLETIC
GROIN PAIN LINKED TO PELVIC
BIOMECHANICAL OVERLOAD.**