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July 2013 Volume 32, Issue 3, Pages 427–447

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Imaging of Athletic Pubalgia and Core Muscle Injuries

Clinical and Therapeutic Correlations

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DOI: <https://doi.org/10.1016/j.csm.2013.03.002>

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Imaging of Athletic Pubalgia and Core Muscle Injuries

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KEYWORDS

- Core injury • Core muscle injury • Athletic pubalgia • Sports hernia
- Rectus abdominis/adductor aponeurosis • MRI

KEY POINTS

- MRI is the imaging modality of choice for diagnosis and delineation of core injuries or athletic pubalgia lesions.
- The rectus abdominis and thigh adductor muscle origins all attach to a fibrocartilaginous plate at the anterior pelvis, intimate to the pubic symphysis and pubic tubercles.
- Core injuries involving the rectus abdominis/adductor aponeurosis or the pubic plate can be unilateral, bilateral, or midline in location.
- Although hip injury is the most common confounding cause of groin pain in athletes, numerous other musculoskeletal and visceral injuries ranging from the iliac crest to the pubic symphysis should always be considered.

INTRODUCTION

Hip-Femoral Acetabular Impingement

Anderson, Christian N. et al.

Groin pain are common in athletes. Clinical presentations of the various pain in athletes overlap, and incomplete or incorrect diagnoses may lead to pain syndromes and dysfunction. Such delays cause frustrations and consternation with respect to expected time frames for return to play, or even return to normal daily activities. The three broad categories of differential diagnoses for

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Clin Sports Med 32 (2013) 427–447

<http://dx.doi.org/10.1016/j.csm.2013.03.002>

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Magnetic Resonance Imaging and Arthroscopic Appearance of the Menisci of the Knee
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Athletes frequently injure their hips and core muscles. Accurate diagnosis and proper treatment of groin pain in the athlete can be tricky, frequently posing vexing problem for trainers and physicians. Clinical presentations of the various hip problems overlap with respect to history and physical examination. This article reviews clinical presentations and magnetic resonance imaging findings specific to the various causes of groin pain in the athlete. The focus is on the core muscle injuries (athletic pubalgia or “sports hernia”). The goal is to raise awareness about the variety of injuries that occur and therapeutic options.

Keywords:

[Core injury](#), [Core muscle injury](#), [Athletic pubalgia](#), [Sports hernia](#), [Rectus abdominis/adductor aponeurosis](#), [MRI](#)

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