

Groin Injuries

Learning Objectives

- To identify the main origins of groin pain (adductor-related, iliopsoas-related, inguinal-related and pubic-related)
- Appreciate the anatomical structures related to groin pain in athletes
- Brief introduction to the aetiology of groin injuries
- To recognise symptoms and signs of some of the commonest causes of groin pain in athletes
- To understand the principles of management and prevention of groin injuries