Effectiveness of selected exercises program on Sports hernia: Randomized Control Trial

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Abstract

Aim: To determine whether selected exercises program that involves attempts at repetitive, effortful muscle contractions and including core stability, balancing exercises, progressive resistance exercise, and running activity after sport hernia is effective or harmful, and is it worthwhile?

Design: Single blinded randomized controlled trial.

Method:forty soccer players with sports hernia were randomly divided into two equal groups, Group A (selected exercises program), Group B (conventional treatment). The methods of assessment included visual analogue scale and hip internal and external range of motion assessment. For Group A they received conventional treatment (Heat, Massage, Transcutaneous Electrical Nerve Stimulation and Mobilization) plus selected exercises program while Group B received only conventional treatment, Treatment program extended for two months, three sessions per week, where evaluation was done pretreatment and after the end of the treatment.

Results: Comparison between both groups post treatment revealed a significant decrease visual analogue scale of group A compared with that of group B (p = 0.0001), The percent of decrease in visual analogue scale of group A and B were 80.25% and 41.93% respectively, while there was no significant difference in internal and external rotation between both groups post treatment (p > 0.05).There was a significant improvement in outcome measures of group A compared with that of group B post treatment (p = 0.01) as 13 patients in group A and only three patients in group B returned to the sport activity without groin pain.

Conclusion/ Key Practice Points:
It was concluded that active exercises were effective in sports hernia management in expression of decreasing pain and return to sports.

Key words: Sport hernia, visual analogue scale (VAS) and range of motion (ROM)