

Mayo Clinic Medical Edge

What is a Sports Hernia

1:00

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Audio

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| Intro with music | GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE. |
| | WHAT'S IN A NAME? WELL, SOMETIMES, NOT WHAT YOU THINK. |
| Michael Stuart, M.D. Track 1 (3:29) | "A SPORTS HERNIA OR ATHLETIC PUBALGIA IS ACTUALLY NOT A HERNIA." |
| | WHILE THE ABDOMINAL WALL IS WEAKENED, MAYO CLINIC DR. MICHAEL STUART SAYS THERE IS NO ACTUAL PROTRUSION LIKE THERE WOULD BE WITH A HERNIA. BUT THAT DOESN'T MEAN IT DOESN'T HURT. IN FACT THE PAIN CAN BE DEBILITATING. AND WHILE IT'S COMMONLY SEEN IN |

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| | ATHLETES WHO DO A LOT OF TWISTING AND BENDING AT THE WAIST, A SPORTS HERNIA ISN'T JUST A PROBLEM FOR ATHLETES. |
| Dr. Stuart Track 1 (8:21) | “THOSE TYPES OF REPETITIVE ACTIVITIES AS PART OF YOUR JOB COULD ALSO CAUSE BREAKDOWN OF THESE SAME TISSUES. |
| | RESULTING IN THE SAME SYMPTOMS AND REQUIRE THE SAME TREATMENT AS AN ATHLETE. THAT STARTS WITH REST AND THERAPY TO STRENGTHEN THE CORE MUSCLES IN THE LOWER ABDOMINAL AREA. IF PAIN PERSISTS, SURGERY MAY BE NEEDED. |
| | FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I'M VIVIEN WILLIAMS. |
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