

Osteitis pubis in amateur footballers

Does a conservative therapeutic approach lead to an early return to play?

Dr Werner Krutsch, a physician at University Hospital Regensburg's Polyclinic for Trauma Surgery, has written an interesting article on this subject.

The incidence of groin pain is continuously increasing, especially in 'stop-and-go' sports such as football.

Osteitis pubis (inflammation of the pubic bone) is one of the most frequent causes of these symptoms, for which late or incorrect diagnosis is not uncommon. This type of injury is among the most serious in sport, generally causing players to be out injured for more than six months.

The following study investigated whether a conservative therapeutic regimen for newly diagnosed osteitis pubis can lead to footballers returning to the game more rapidly.

In a prospective controlled double-blind trial, amateur footballers with symptomatic groin pain and a diagnosis of osteitis pubis were examined over a 12-month period.

The participants were divided into two groups. Randomized study group I underwent conservative treatment with intensive physiotherapy (PT) and additional local shock wave therapy of the pubic bone.

Study group II received only intensive PT and placebo shock wave treatment.

Follow-up examinations took place after one day, four weeks, three months and one year. The time at which each individual returned to play was also noted.

The outcome can be summarized as follows.

Forty-four players were included in the treatment group. Twenty-six underwent shock wave therapy with intensive PT. Eighteen subjects received intensive PT without shock wave treatment. The control group consisted of 51 players who refrained from sport but did not undergo systematic therapy.

The symptoms reported decreased significantly in both groups up to three months from onset of therapy. Most of the footballers in both groups returned to football within three months of commencing therapy; the group with shock wave therapy returned significantly earlier.

The control group (who merely refrained from sporting activity without obtaining therapy) were out of the game for significantly longer, namely more than nine months.

Source:

Dr. Werner Krutsch et al. : Osteitis pubis bei Amateurfussballspielern, Orthopädische Nachrichten 05.2016 [Original Article in German]