

**Research Title: OSTEOPATHIC TREATMENT OR EXERCISE THERAPY
FOR LONG STANDING ADDUCTOR RELATED GROIN PAIN.**

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ABSTRACT

Groin pain is a common problem in athletes who play sports that required frequent changes of direction and constant acceleration and braking. The most common problem that affects athletes is the long-standing groin pain, it may take a long time to stop and treatment that may affect in an important way on the athlete's career. (Holmich et al 1999)

Hypothesis: an osteopathic treatment protocol might have the same or greater effectiveness of an exercise program for the treatment of long standing adductor related groin pain.

Patients: athletes with long standing groin pain for at least 3 months. For the inclusion was executed a standardized examination protocol by the doctor (Holmich 2004).

Intervention: ET: a standardized exercise therapy program (Holmich et al 1999) executed with the presence of a sports trainer. OT: osteopathic treatment protocol with articulation techniques, muscle energy techniques and high velocity thrust.

Primary outcome: pain evaluation with visual analogue scale after the execution of a standardized examination protocol (Holmich 2004). Outcome was assessed at the first visit at week 1, 2, 3 and 4 for a total of 4 examination.

Results: both treatments gives good results ($p > 0,01$)

Conclusion: both treatments gives effectiveness in 4 weeks of treatment.