



**ISOKINETIC
MEDICAL GROUP**

FIFA | MEDICAL CENTRE
OF EXCELLENCE

Groin pain

My experience in professional football players

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My experiences



From 1993 to 2016

- Juventus FC club doctor from 1995 to 2002
- 400+ matches in bench
- Head of Juventus Medical Department from 2010 to 2016



From 2003 to today

- Director of Isokinetic Medical Group clinic in Turin
- FIFA Centre of Excellence
- 7.000+ patients in rehabilitation



RESULT

In the scientific field
the effectiveness of
our work is
measured in

outcomes, standards
deviations, statistics,
good/excellent
results

In football the effectiveness of our work is measured with the “magic sentence”:

When will he be back to play?





*Come on Doc,
he seems ready
by now,
trust my eyes,
get him back
into the group*

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*Come on Doc,
I feel good,
I'm doing
everything now,
let me join the
group*



When I was a young club
doctor the attitude
facing a sports injury was
“as fast as possible”





- gna
- ndra
- mini
- toma
- rivaio
- avigli
- orino
- erona

Isokinetic Medical C
7 Centri in Italia
e uno a Londra



Today I have white hair and beard and the attitude is “don't give in to pressure”



*“don’t give in to pressure”
doesn’t mean slow, it means*

the best management as possible



What is groin pain for a club doctor ?

A longstanding and very
complex problem to manage

What is a longstanding and complex
problem to manage?

It is a multi-phase injury scenario



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Phase 1

The player has a tolerable pain,
which gets worse every week,
but he trains and plays regularly.

He takes NSAIDs for the match and massages



Phase 1 groin pain

The tolerable
worsening pain





Practice pearl

Players never stop for pain,
they use pain killers,
they stop when pain decreases
performance

NO PAIN.

NO GAIN.



Phase 2

The coach notices the problem and involves the doctor.

More “medical” treatments start: different modalities, local injections, exercises,

but the training load does not change, and the player has to play.





Phase 2 groin pain

The doctor must
solve everything,
asap





Practice pearl

Sometimes “asap” is possible,
in groin pain “asap” is not possible, it is always
“a long time” injury





Phase 3



Phase 3 a

The player improves, he's better and the medical staff makes a great impression

Phase 3 b

The player has to stop, the doctor has failed, and the advisers advise the player "to look for someone outside"



Phase 3b groin pain

The healers come
into play



This is the terrible
and embarrassing
phase of the
healers,
the shamans,
the magicians



TENIS » NOVAK ĐOKOVIĆ

Ko je "misteriozna doktorica Marijana" koja je pomogla Novaku da pokori Australiju? Mislio se da je mit, a onda je sela u Đokovićev boks

Who is the "mysterious doctor Mariana" who helped Novak conquer Australia? It was thought to be a myth, and then she sat in Djokovic's box



Marijana Kovacevic from
Serbia.

Horse placenta and
ultrasound

She can treat any problem
in two days.

Now she “operates” in
hotels from Dubai



A person wearing a white lab coat is shown from the chest down, with their hands held out in front of them. The background is a soft, out-of-focus light color. Overlaid on the right side of the image is text in a dark blue font. A large, faint watermark is visible across the entire image, reading '2023 © Practical Course Orthopedics. All rights reserved - Reproduction in whole or in part is prohibited'.

someone "serious",
someone very dangerous

Andreja Milutinovic from Belgrade, moved to Milano recently. He is fitness coach, a good one, but also a shaman/healer/rain maker too. Players love him.

Tocilj from Split, quite famous between Croatian and Italian players. Gives them Actovegin and other suspicious stuff. This one is also dangerous. You can put him in same sentence with banned substances.

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Practice pearl

Go with the player to
the shaman,
it is embarrassing,
but it works





Phase 4

Phase 4 a

The shaman worked, the player comes back and plays, the doctor looks bad and embarrassing

Phase 4 b

The shaman did not work, the player returns with his tail between his legs, and it's time to go to the surgeon



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Phase 4b groin pain

The surgeon comes
into play





The surgeon
comes into
play with his
own technique

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Phase 5

After surgery the player undergoes “regular” rehabilitation and returns to play after 1-3 months

What does it mean RTP?



2016 Consensus statement on return to sport from the First World Congress in Sports Physical Therapy, Bern Ardern C. et al. BJSM 2016



Return to participation

The athlete may be participating in rehabilitation, training (modified or unrestricted), or in sport, but at a level lower than his/her RTS goal. The athlete is physically active, but not yet 'ready' to RTS.

Return to sport (RTS).

The athlete has returned to his/her defined sport, but he/she is not performing at his/her desired performance level.

Return to performance.

The athlete has gradually returned to his/her defined sport and is performing at or above his/her preinjury level.



Phase 5 groin pain

The player returns
to play,
with an absolute rule.



The only, absolute
long-term rule is to
avoid risk factors



Groin pain risk factors



1 Practice pearl

Players never stop for pain,
they use pain killers,
they stop when pain decreases
performance

**NO PAIN.
NO GAIN.**

Players never stop for pain, they stop when performance decrease

This is the terrible
and embarrassing
phase of the
healers, the
shamans, the
magicians

Club doctor is a difficult job



Solve risk factors to win groin pain



**ISOKINETIC
MEDICAL GROUP**

FOOTBALL MEDICINE BRIDGING SCIENCE AND PRACTICE

FIFA | MEDICAL CENTRE
OF EXCELLENCE



CÍVITAS METROPOLITANO
STADIUM
Madrid, Spain
May 2024

