

Groin pain

My experience in professional football players

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My experiences





Where You Robins

From 1993 to 2016



From 2003 to today

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





Head of Juventus Medical Department from 2010 to 2016 JUVENTUS



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

outcomes, standards deviations, statistics, good/excellent results

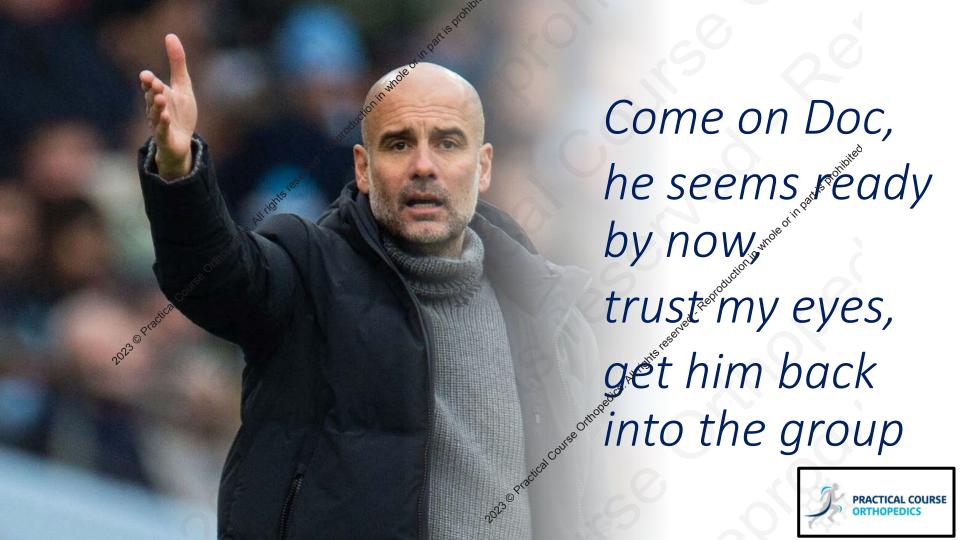
work is measured with the "magic sentence":

When will he be back

to play?







Come on Doc, I feel good, good, end l'm doing, en now, let me join the group



When I was a young club doctor the attitude facing a ports injury was "asofata as possible"









"donge give in to pressure" doesn't mean slow, it means

the best management as possible





What is grown pain for a club doctor?

Out A longstanding and Viery

nplex nroh! complex problem to manage







What is a fongstanding and complex

It is a multi-phase injury experience and complex problem to manage?





The multi-phase groin pain





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

He takes NSAIDs for the massages



or in part is profribited



Phase I groin pain



The tolerable worstening pain

Course Othogeates Automited to the Course of the Course of





Practice pearl

Players never stop for pain, they use pain killers,

they stop when pain decreases performance







The multi-phase groin pain







The coach notices the problem and involves he doctor.

More "medical" treatments start: different modalities, local injections, exergises,

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



Phase 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





The multi-phase groin pain







Phase 3 a

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

Phase 3 b

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



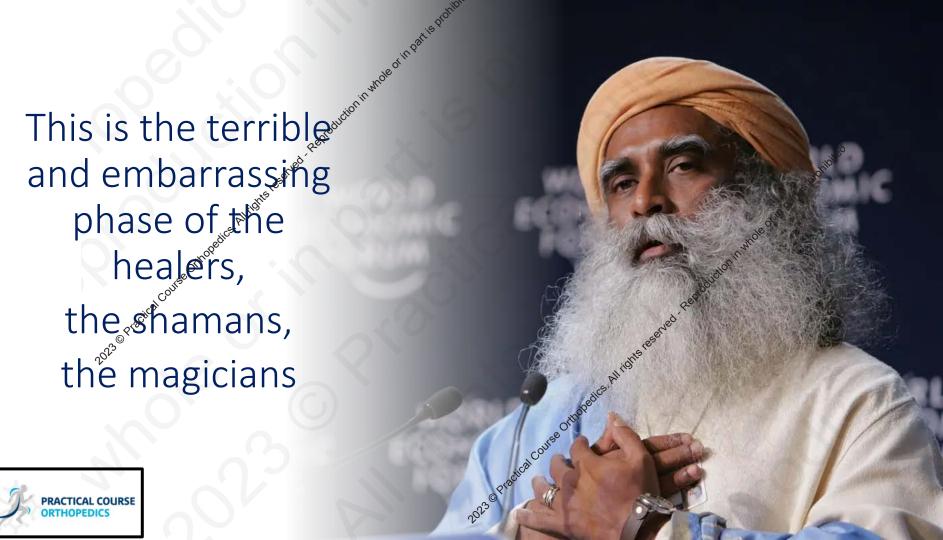
Phase b groin pain

The healers come into play





phase of the healers, the hamans, the magicians





ON THE VESTI

NOVAK ĐOKOVIĆ

NIKOLA JOK

ABA LI

TENIS " NOVAK BOKOV

Ko je "misteriozna doktorka Marijana" koja je pomogla Novaku da pokori Australiju? Mislilo 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 koox



idhts leserv





Serbia.

Horse placenta and ultrasound

She can treat any problem

in two days.

Now The "operates" in hotels from Dubai







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 Spit, 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 banked substances.

2023



Practice pearl

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





The multi-phase groin pain





PRACTICAL COURSE ORTHOPEDICS

Phase 4 a

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

Phase 4 b

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





Phase 4b groin pain

The Surgeon comes into play









The surge on comes into play with his own technique



The multi-phase groin pain





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 80

The athlete may be participating in rehabilitation, training (modified or unrestricted), or in spert, but at a level lower than his/her RTS goals 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 from ing at or above his/her preinjury level.



Phase groin pain

The player returns to play, with an absolute rule."





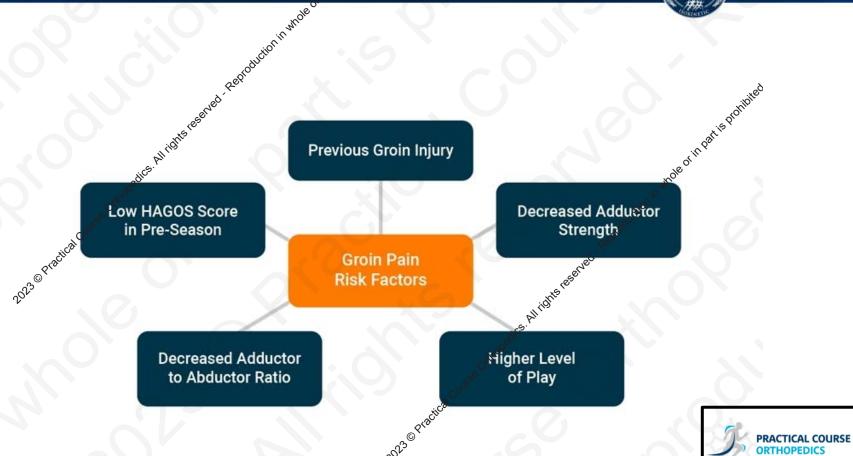
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Groin pain risk factors





Take home





This is the terrible



Players never stop for pain, they stop whenes performance decrease

Club doctor is a difficult jobe, performance or in partie production in under the performance of the performance of

Solve risk factors to win groin pain





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