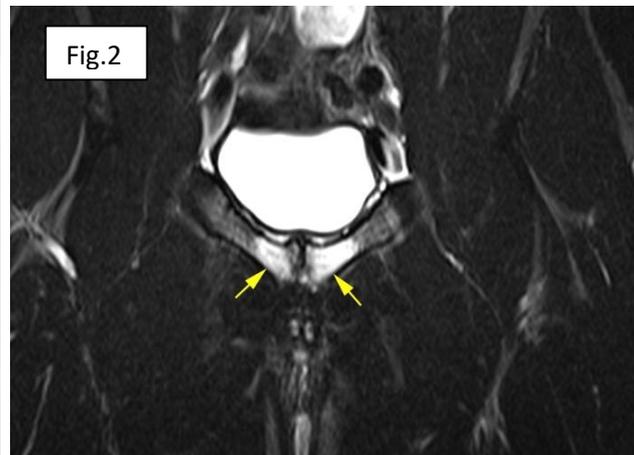
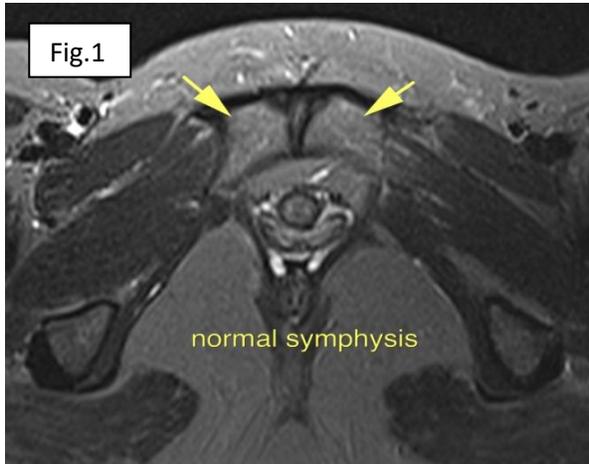


ATHLETIC PUBALGIA - PICTORIAL ESSAY

Athletic pubalgia is group of injuries affecting multiple musculotendinous and ligamentous structures of the pubic region. MRI helps in direct visualization and assessment of the anatomic structures in the pubic region, enabling a more focused treatment approach and improved outcomes for the affected athlete.

1. 20 year old football player came with history of pain in inguinal region and pubis for 7 days.

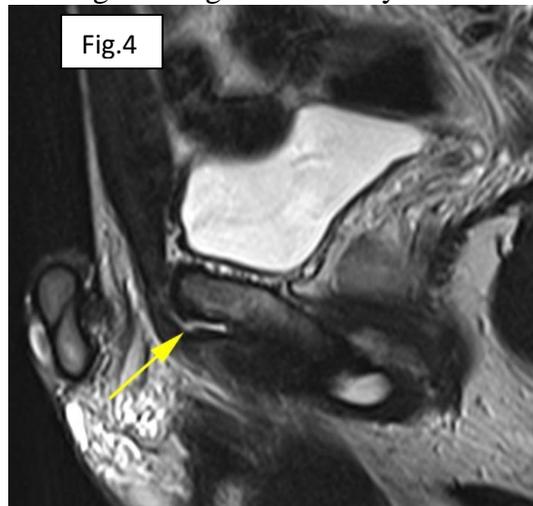
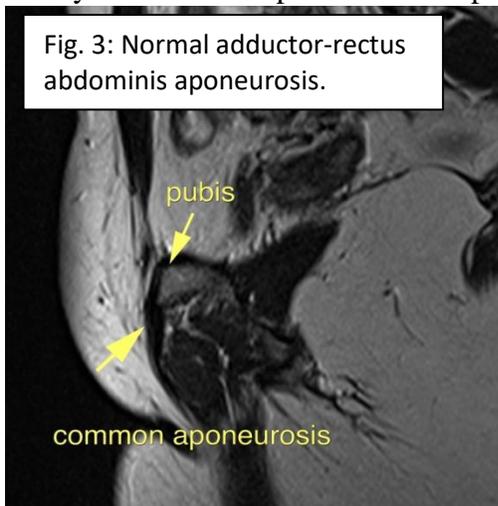


Findings: Fig. 1 shows normal marrow in pubic bone.

Fig. 2: MRI of pelvis revealed evidence of hyperintense signal on STIR sequence suggestive of marrow edema in body of pubis on both sides. Mild capsular hypertrophy of symphysis is noted.

Diagnosis: Osteitis pubis.

2. 17 year old athlete presented with pain in both inguinal regions for 5 days.

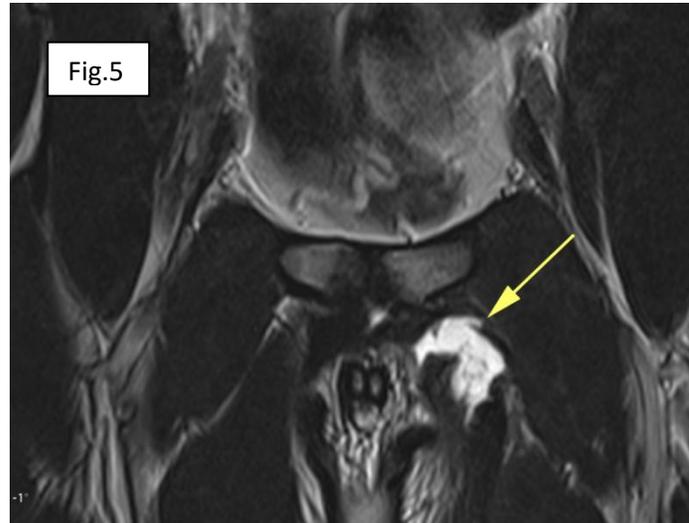


Findings: Fig 3: Normal common adductor-rectus abdominis (CA-RA) aponeurosis.

Fig. 4: Linear clefts of increased signal at origin of both adductor longus tendons extending to tenoperiosteal interface of CA-RA aponeurosis.

Diagnosis: Findings are compatible with **tears of common adductor-rectus abdominis (CA-RA) aponeurosis.**

3. 21 year old player came with history of recent injury with pain in the groin region on left side.



Findings: Fig. 5: Complete tear/ avulsion of adductor longus and brevis muscles from the origin with retraction of the torn ends. Fluid is seen in the tendon gap.

Diagnosis: Complete tear/ avulsion of adductor longus and brevis origin.

Discussion:

Osteitis pubis is most commonly seen in athletes participating in kicking sports such as football. It occurs due to instability of the pubic symphysis with repetitive shear and distraction injuries and an imbalance of the forces applied by the inserting abdominal wall and adductor muscle groups.

Isolated tears of the adductor longus or rectus abdominis tendons are seen as fluid-signal filled defects in the tendons. In the acute phase surrounding hemorrhage and edema and coexisting muscle strains are present.

Musculotendinous injuries at the pubis most commonly involve the adductor muscle group, with the adductor longus being the most commonly injured. Proximal adductor longus tendon tears at the pubis, frequently extend to involve the aponeurosis.

Regards,

Dr.Deepa S. Nadkarni / Dr.Shaikh M.Mazhar

N.B: This case is authentic and from the archives of **Radiance Diagnostics**. For any queries/suggestions/feedback write to us at radiance@radiancediagnostics.in . Case of the month can also be accessed anytime online at **VIEW BOX** at www.radiancediagnostics.in