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Sports Hernia

A "sports hernia" is the term given to a rather recently recognized athletic injury that occurs in the inguinal (groin) region. Rather than a true inguinal hernia, a sports hernia represents an injury to the muscles of the lower abdomen or upper thigh where they attach to the pubic bone.

When the term was coined, it was believed to be a true hernia. A better term for this injury, generally seen in high performance athletes, is athletic pubalgia.

Dr. Macdonald has extensive experience in the surgical treatment of this disorder, including many of Colorado's top professional athletes. If surgical treatment is deemed necessary, it is frequently a laparoscopic procedure that your surgeon will discuss with you.