



EXAMPLE CASE PRESENTATION ABSTRACT
Women in Sport Congress
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TITLE	Physiotherapy for hip and groin pain: Using best evidence to guide return to play
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PREFERRED FORMAT	ORAL X (please tick) POSTER X (please tick)
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Background: Women’s participation in all football codes in Australia is growing rapidly. Hip and groin pain is one the most common non-time-loss injuries in female amateur soccer [1]. Physiotherapy is a non-surgical intervention with potential as an effective, low risk and cost-saving option to reduce hip and groin pain [2].

Assessment: A woman playing in a semi-professional football competition in Victoria, presented with right hip pain. The player reported right sided hip pain (70mm on a visual analogue scale VAS) with all running-related activity including football, and nightly pain (6/10 VAS). The player had not trained or played football for 6 months due to pain.

Intervention: The rehabilitation program was a targeted, individualised intervention including joint mobilisation, specific hip and trunk muscle strengthening plus functional, activity-specific, and return-to-sport retraining and education. The player attended 8 face-to-face physiotherapy treatments and 12 supervised gym visits over 12-weeks, with a physiotherapist. Primary and secondary outcomes were collected pre-intervention and at 12 weeks post-intervention.

Outcomes: (i) hip-related symptoms and quality of life measured using the International Hip Outcome Tool (IHOT-33) [3]. (ii) hip abductor and adductor strength (Nm/kg), measured with a hand-held dynamometer [4].

Main findings:

A semi-professional, female, mid-field footballer aged 27 years (height 1.80m, weight 69.3 kg, BMI 21.4 kg/m²) underwent the targeted physiotherapy rehabilitation program. The IHOT-33 score improved from 56 to 71 points, greater than the minimal important change of 10 points. Hip abductor (1.27 to 1.33 Nm/kg) and adductor (0.53 to 1.38 Nm/kg) strength improved. At completion, the player was able to train and compete twice weekly, at a semi-professional level, with minimal hip and groin pain.

Take home messages:

This case-study indicates that a targeted physiotherapy rehabilitation program can address modifiable factors such as hip muscle strength, can improve hip-related quality of life, and allow full return to play.

References

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