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Text of ABSTRACT

Introduction

With increasing participation in professional and recreational athletics, activity-limiting groin pain presents a growing challenge for patients and health care providers. The aim of this study is to evaluate the effects of the osteopathic treatment on pain and athletic performance in athletes affected by chronic groin pain.

Material and Methods

24 soccer players (age 19 – 36 years) received osteopathy six times in two months, without stopping the activity.

The primary outcome (at the end of the treatment and after 4 months) was the presence of pain during the sport and the level of activity-limiting.

In every treatment session pain at rest and during activity were assessed.

Results

At the end of treatment in all the patients the VAS score at rest and during the activity decreased in correlation with treatment session progression ($p < 0.0001$). At 4 months follow-up 44% of athletes were pain-free at rest, during/after the activity and were able to play at their usual level of performance.

Conclusions

The osteopathic treatment without activity-limiting showed an encouraging effect in reduction of pain at rest and during activity in athletes.

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