

Mayo Clinic Medical Edge
Treating a Sports Hernia

1:00

Log

Audio

Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	IT'S NOT REALLY A HERNIA AND IT'S NOT JUST FOR ATHLETES. WHAT A SPORTS HERNIA IS, IS PAINFUL.
Michael Stuart, M.D. Track 1 (7:04)	"THE PAIN CAN BE VERY DEBILITATING BECAUSE ANY TIME YOU PUSH OFF, TWIST OR BEND YOU GET A PAIN RIGHT IN THE LOWER ABDOMEN AND GROIN AREA."
	THE PAIN, SAYS MAYO CLINIC DR. MICHAEL STUART, COMES FROM A WEAKENING IN THE ABDOMINAL WALL AND INFLAMMATION OF THE LIGAMENTS AND TENDONS THAT

	<p>ATTACH TO THE PUBIC BONE.</p> <p>OFTEN, ALL IT TAKES TO RESOLVE THE PROBLEM IS TIME AND REST.</p> <p>IF THAT DOESN'T WORK, SURGERY IS AN OPTION.</p>
Dr. Stuart	<p>“SURGERY TYPICALLY INVOLVES REPAIR OF THESE DAMAGED LOWER ABDOMINAL TISSUES, SOMETIMES INCLUDING THE INSERTION OF A MESH TO HELP STRENGTH THE AREA.”</p>
	<p>WHILE EACH PATIENT IS DIFFERENT, SOME PROFESSIONAL ATHLETES HAVE BEEN ABLE TO RESUME COMPETITION IN A COUPLE OF MONTHS</p>
	<p>FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG. I'M VIVIEN WILLIAMS.</p>

