

Gilmore's Groin and Hernias

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1

Symptoms

Pain during exercise

- Pain in the groin increases with:

- Running
- Striding
- Sprinting
- Sudden movement
- Twisting and turning
- Side stepping
- Jumping
- Dead ball kicking
- Long ball kicking

Pain after exercise

- Stiff and sore

- Pain in the groin increases with:

- Turning in bed
- Getting out of bed
- Getting out of a car
- Sit ups
- Coughing
- Sneezing
- Sudden movements

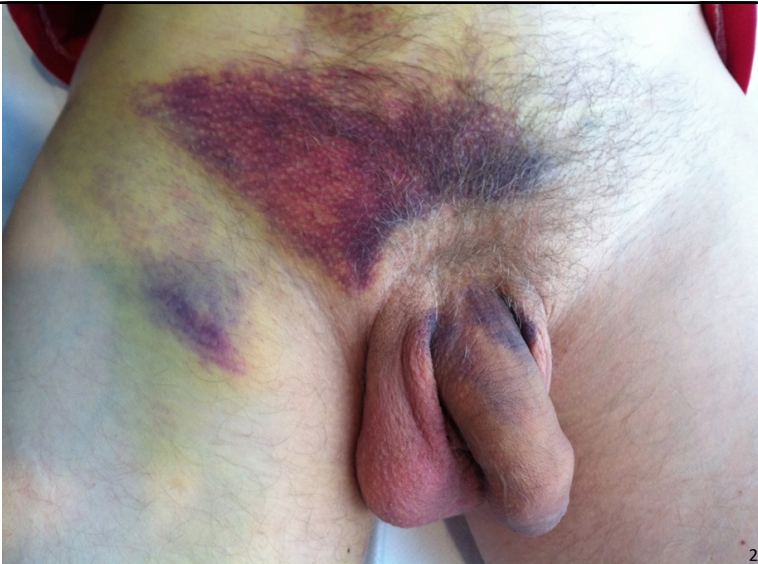


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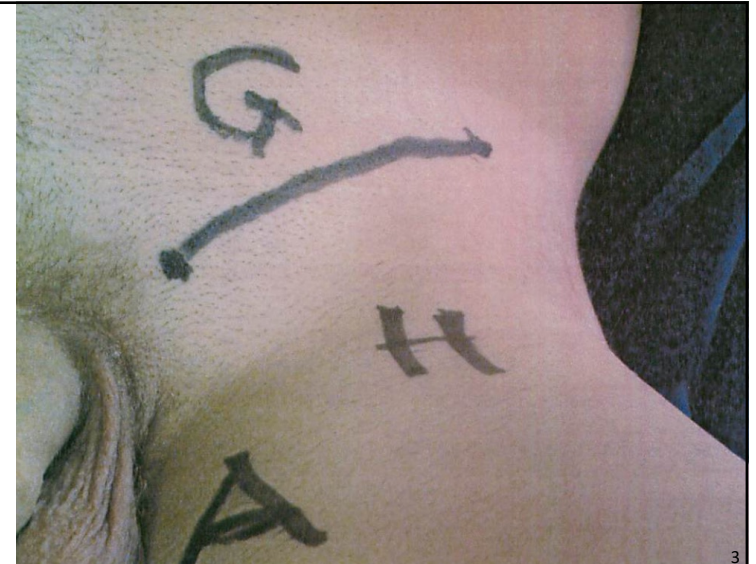
Signs



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Signs



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Signs

- No hernia
- Compared with the other side:
 - Dilated superficial inguinal ring
 - Inguinal canal tenderness
 - Cough impulse
 - Examination reproduces the pain (which may persist)
 - Pain with resistance testing of the abdominal muscles



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4

5

Pathophysiology

- A complex musculoskeletal injury
 - Torn external oblique
 - Dilated superficial inguinal ring
 - Torn conjoint tendon
 - Conjoint tendon/inguinal ligament dehiscence

40% will have an associated adductor injury



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6

Aetiology of Gilmore's Groin

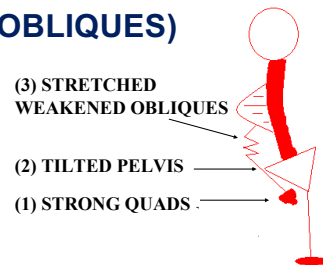
1. STRONG HIP FLEXORS (QUADS)
PULL PELVIS DOWN
2. TILTED PELVIS
STRETCHES ABDO MUSCLES
3. STRETCHED ABDO MUSCLES (OBLIQUES)
BECOME WEAK
FAIL TO STABILIZE PELVIS
4. OVERUSE
RECURRENT TEARS
GROIN DISRUPTION
5. MALE > FEMALE (99%)



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6

7



The Syndrome of Gilmore's Groin

- A specific set of symptoms, signs and imaging findings that reflect a distinct clinical entity
- It does not require a definite cause
- It reflects a condition with a definite treatment
- Treated by an anatomical repair (Groin Reconstruction)



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8

Gilmore's Groin – Key Points

- 1/3 definite event, 2/3 insidious onset
- Typical pattern of pain during and after exercise
- Pain is indicated over the superficial inguinal ring
- Pain may be caused by resisted straight leg raising
- Dilated superficial inguinal ring and inguinal canal tenderness compared with the normal side
- Posterior wall weakness
- No hernia
- 80% have confirmatory MRI changes



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Gilmore's Groin - Summary

- A sports injury
- Young, physically active male
- Specific symptoms during exercise
- Specific symptoms after exercise
- Specific findings on examination
- Specific MRI findings
- Specific treatment



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Learning Points

- Recognise Gilmore's Groin as a discrete clinical entity
- What it isn't
- Who gets it, and who doesn't
- Understand the anatomical and physiological basis of the operation "Groin Reconstruction"
- Avoid confusion!
- The importance of the multidisciplinary team



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11