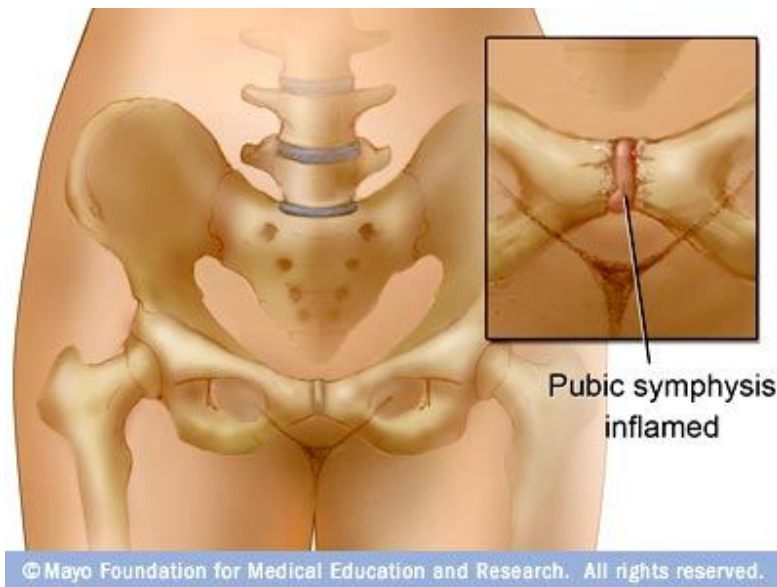


## Osteitis Pubis

Osteitis pubis refers to inflammation of the pubic symphysis joint. This is the joint at the front of the pelvis between the two pubic bones.



The exact cause of osteitis pubis is unclear, however it is thought to be an overuse injury associated with excessive kicking and or abdominal muscle contraction. Subsequently this results in excessive movement of the pubic symphysis joint and the body then undergoes an inflammatory response, producing osteitis pubis.

Osteitis Pubis results in a dull aching sensation felt in the groin region which is aggravated by exercise.

This condition should not be ignored as it can lead to a prolonged recovery. Generally recover takes 3-6 months, however in some cases it may be 12 months before the individual can return to sport.

The assistance of a physiotherapist is important to accurately diagnose and treat the condition. The physiotherapist may require the aid of imaging techniques such as an X-ray, ultrasound or MRI to assist in their diagnosis. From here a physiotherapist can determine an appropriate treatment program. This may consist of activity modification, the taking of anti-inflammatory medication, soft tissue massage, electrotherapy, and stretching and strengthening exercises