From the clinic

Two cases of acetabular fractures sustained during competitive cycling

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This paper reports two cases of posterior acetabular fracture obtained in an almost identical way in competitive cycling and presents potential diagnostic difficulties. (Br J Sports Med 1995; 29: 205–206)

Keywords: acetabular fracture; competitive cycling

Case 1

A 32 year old man presented after being involved in a crash while racing in which he fell onto his left side while still astride his cycle, as he was clipped into his pedals. He presented the same day with pain in his left hip and limited range of movements. He gave a previous history of an avulsion fracture of the left greater trochanter one year before.

Figure 1.

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Initial x rays (Figure 1) did not show the fracture clearly, but subsequent oblique views (Figure 2) showed a posterior fracture of the acetabulum which was undisplaced.

He was treated with three weeks' bed rest on skin
traction, then mobilized from non-weight bearing to partial weight bearing, and is now fully recovered.

Case 2
A 48 year old man presented after being involved in a crash with other riders and landing on his left side while his toes were strapped into his pedals. He presented two days after his injury with left hip pain, limited range of movement, and pain on bitrochanteric pressure. Plain x ray (Figure 3) showed an undisplaced posterior acetabular fracture. He was treated with three weeks’ bed rest, then mobilised non-weight bearing, and he made a full recovery.

‘Gilmore’s groin’—or is it?

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Groin injuries are a common and often difficult diagnostic problem. This paper reviews six patients presenting with symptoms highly suggestive of the syndrome ‘Gilmore’s groin’, but in whom the pathophysiology of the groin disruption and its surgical management differed from Gilmore’s description.


Keywords: groin injury; Gilmore’s groin; pathophysiology of groin disruption; surgical management

Groin injuries are common in sport and their management must be based on accurate diagnosis. This is difficult, as symptoms and signs are often diffuse and non-specific. Many patients undergo lengthy periods of conservative management and numerous radiological investigations before surgical intervention is contemplated.

A syndrome of groin disruption has been described as ‘Gilmore’s groin’.1 Patients present with chronic groin pain which is aggravated by sudden and twisting movements and, in particular, by the action of kicking a ball, coughing and even sneezing; even rolling over in bed may be enough to exacerbate symptoms. Few patients recall an actual ‘event’ or moment when the injury was first sustained. Other authors have used the terms ‘pubalgia’,‘groin disruption’, and ‘the sportsman’s hernia’ to describe the syndrome.

Gilmore’s description includes a lack of visible external signs in the affected groin, dilatation of the superficial inguinal ring (felt by inversion of the scrotum with the little finger tip), a cough impulse, and marked tenderness on the affected side, although he does not specify the anatomical site of this tenderness.

We report a series of patients who presented with symptoms and signs highly suggestive of ‘Gilmore’s groin’, but in whom the pathophysiology of the groin disruption and its surgical management differed from Gilmore’s description.

Patients
All complained of chronic groin pain exacerbated by sudden sharp movements, especially when kicking. Patient 1 also complained of pain in the groin when rolling over in bed. In all patients, tenderness was elicited just above the deep inguinal ring, but no dilatation of the superficial inguinal ring was noted and no cough impulse or hernia was identified.

All patients claimed relief of symptoms following operation. In patient 1 relief was virtually instantaneous on waking from his general anaesthetic. Patient 5 underwent bilateral groin exploration and repair. All patients returned to full active participation in their chosen sport within 6 weeks of operation.

Follow up at 6 weeks revealed no further pain. Only one patient has since suffered further pain (patient 5) and this was from a new adductor origin strain.

Discussion and pathophysiology
Gilmore describes the pathophysiology of the groin disruption as being caused by a number of combined factors: (1) a torn external oblique aponeurosis causing dilatation of the superficial inguinal ring; (2) a torn conjoined tendon; (3) dehiscence between the inguinal ligament and the torn conjoined tendon, constituting the major injury.

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