

Pain Quality Distribution in Athletes with Long-standing Groin Pain

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Background

Long-standing groin pain is common in many sports but remains a challenge to diagnose for health professionals. Self-reported pain quality distribution may facilitate differential diagnoses and contribute to our understanding of underlying pathologies.

Aim: To map the distribution of self-reported pain quality and compare the frequency, area, and location of these reports between defined clinical entities in adult recreational athletes with long-standing groin pain.

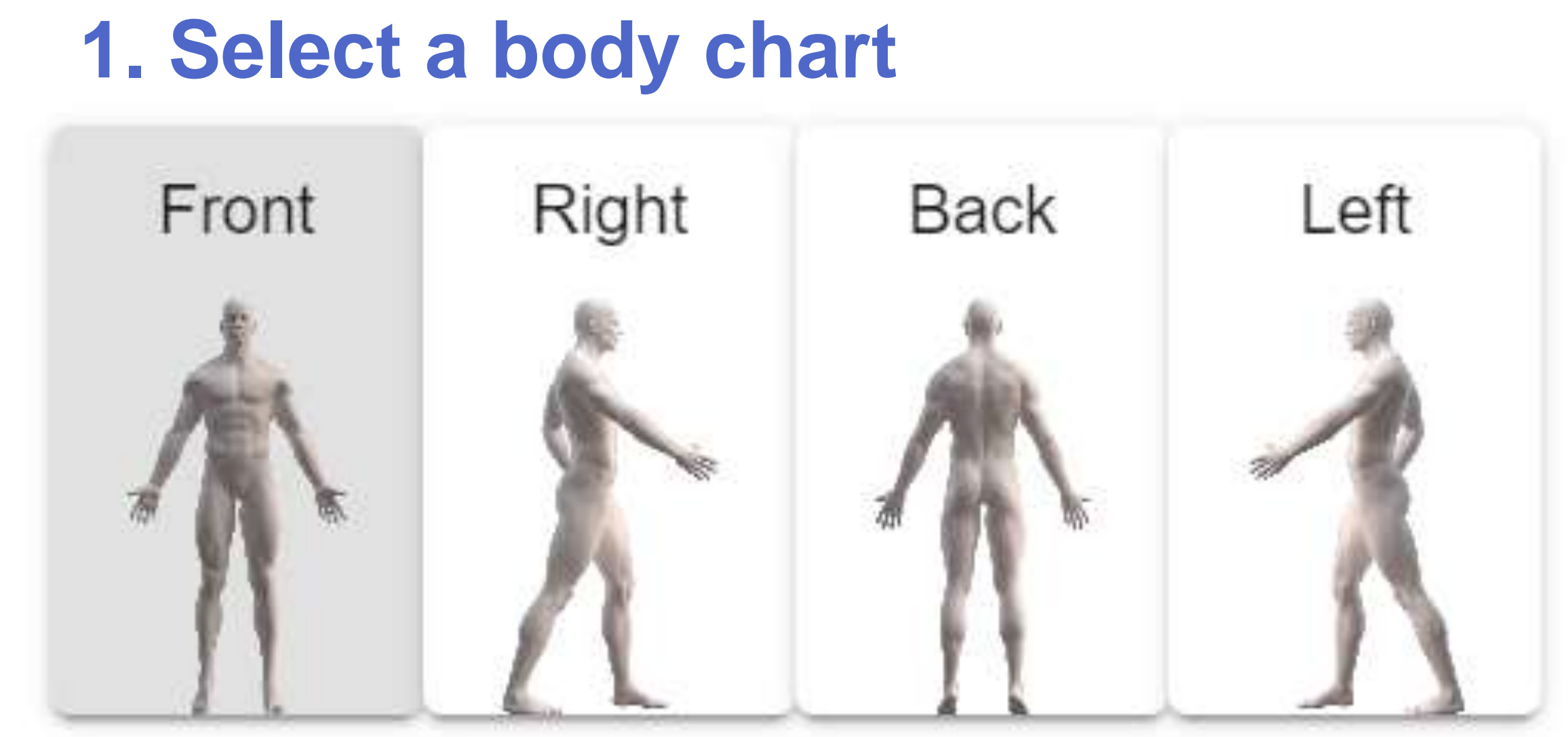
Methods

RECRUITMENT: Two general surgeon clinics in France specializing in groin pain in athletes.

SCREENING: All athletes received a standardized clinical examination and diagnosis using clinical entities, according to the Doha agreement on terminology and definitions.

OUTCOMES: Pain drawing, pain intensity, pain duration, pain qualities and area, clinical entity, and number of clinical entities per athlete.

Digital body mapping

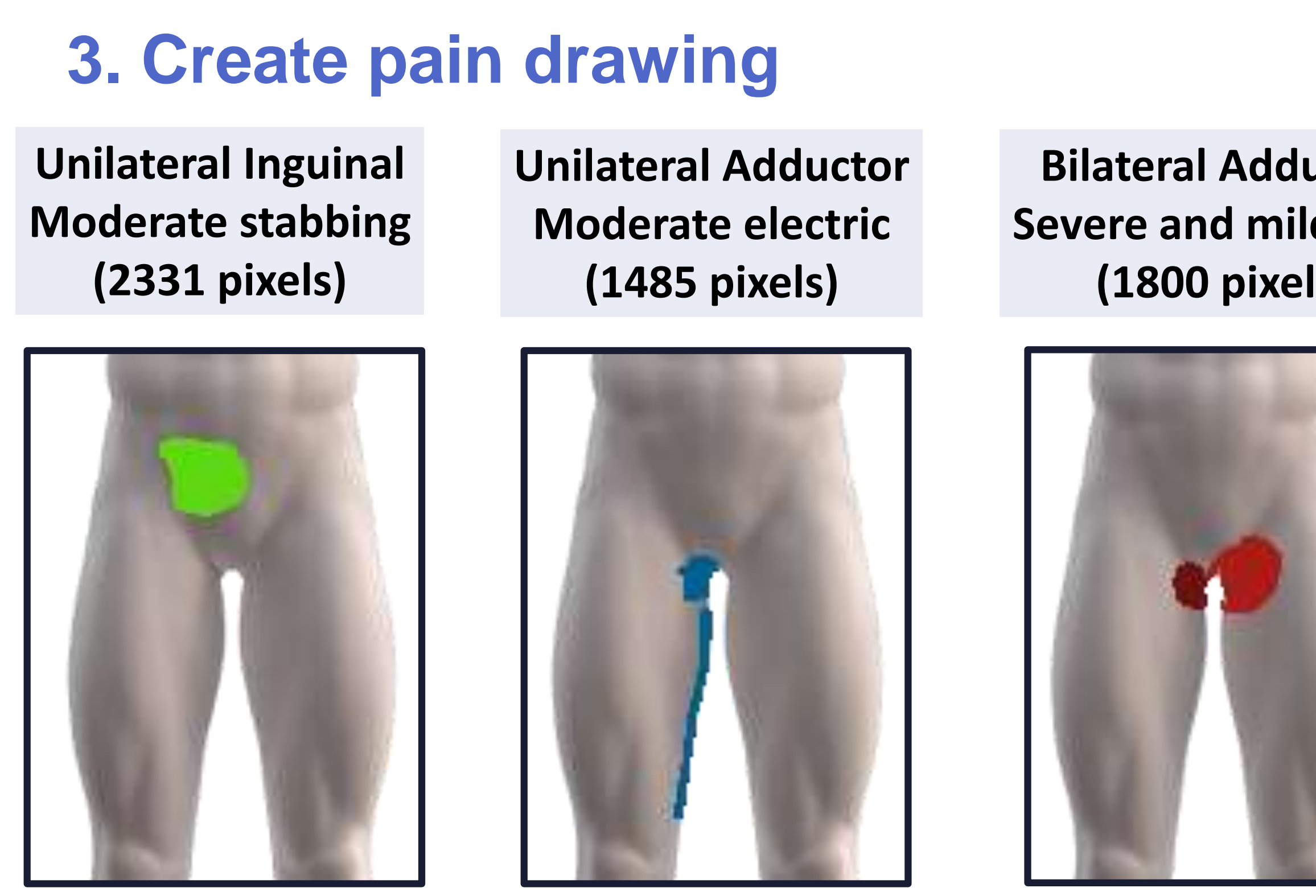


2. Select pain quality then intensity

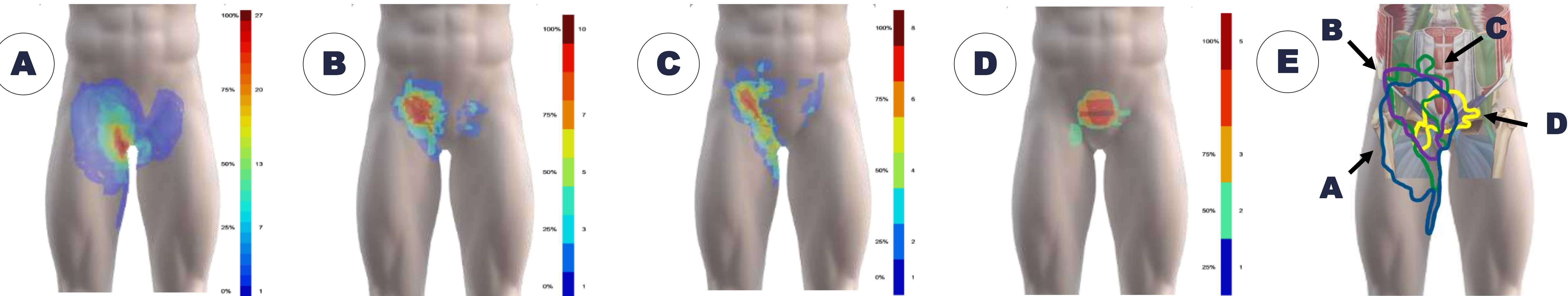
- Pain
- Dull/aching
- Burning
- Throbbing
- Stabbing
- Tingling
- Electric
- Numbness
- Cold
- Itchy

Intensity Scale:

- Severe (8 - 10)
- Moderate (5 - 7)
- Mild (0 - 4)



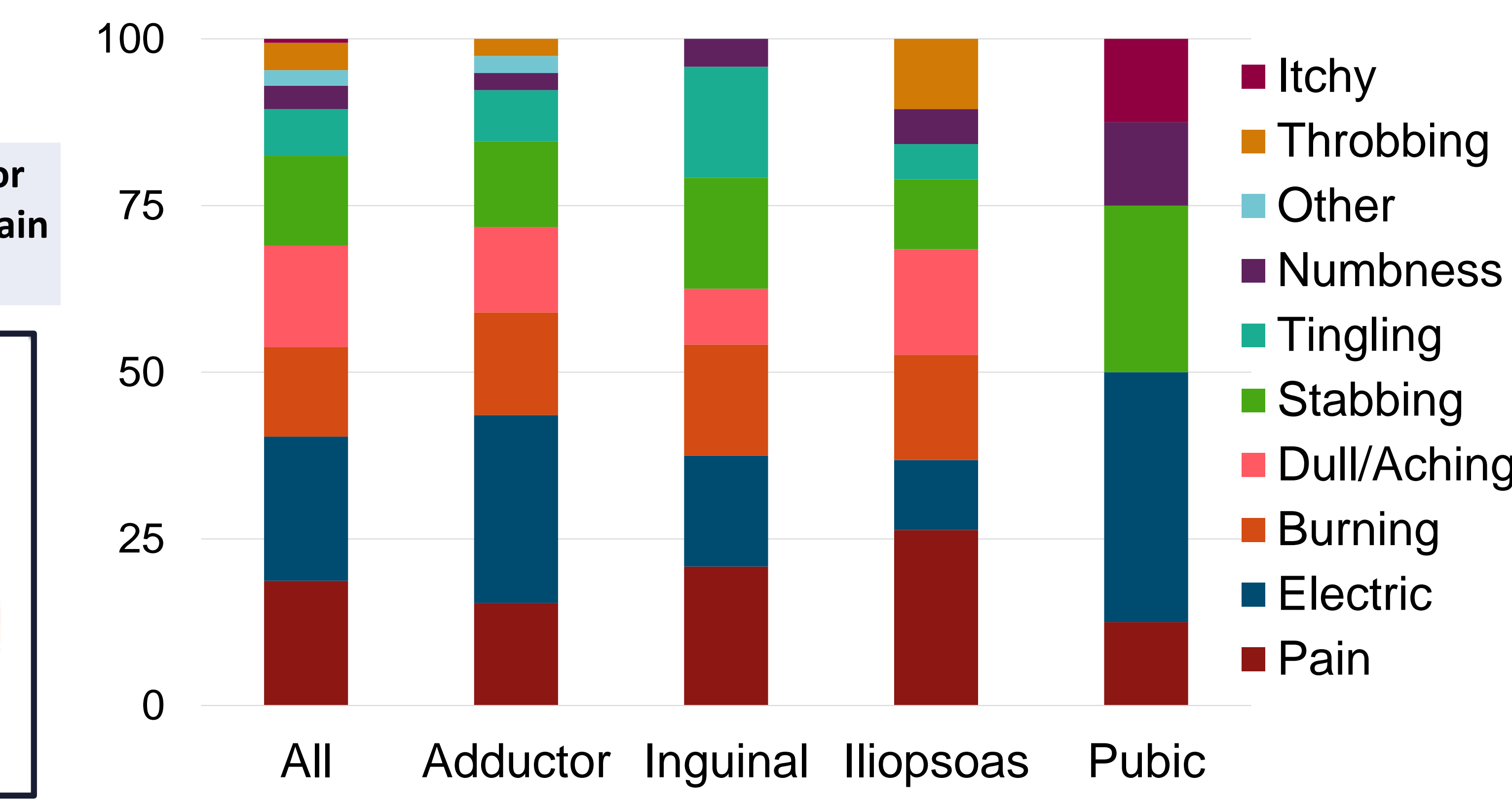
Results - 167 athletes (15 female), 33 ± 10 yrs.



GROIN PAIN DISTRIBUTION: A) adductor- (N=39), B) inguinal- (N=24), C) iliopsoas- (N= 18), and D) pubic-related (N=7) groin pain, E) pain distributions from A-D superimposed on the Doha agreement.

AREA: Areas were similar between pain qualities for each single clinical entity ($\chi^2(3)=0.143$, $p=0.98$) & independent of symptom duration ($p=0.004$, $p=0.95$). However, the area of severe pain was larger than mild pain ($p=0.018$).

PAIN QUALITY FREQUENCY (%) did not differ between single entities ($p=0.893$).



Summary

1. Characteristic pain distributions align with the Doha agreement on terminology and definitions of groin pain in athletes.
2. Larger data sets will be needed to confirm patterns of distributions for each defined clinical entity of groin pain.
3. The prevalence of pain quality descriptors varied and do not associate with one particular clinical entity of groin pain.

Disclosures

SAB is the co-developer of the web application Navigate Pain (Ag glance Solutions ApS, Denmark) to collect the pain and symptoms drawings. The remaining authors report no conflicts of interest.