

# Learning Objectives

MedBridge

*Sports Hernia Injury, Rehabilitation & Prevention*

Timothy F. Tyler MS, PT, ATC

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## **Course Description:**

Sports hernia is a serious and debilitating disability for athletes. In this course, we will cover how to rehabilitate, evaluate and prevent sports hernias. The tools this course will provide to solve sports hernias are: understanding of normal anatomy and pathophysiology and use of current evidence in choosing a rehabilitation process. Finally, we will discuss the keys to success to treatment; building a solid foundation and restoring femoral mobility. progressing an athlete's return to play is the eventual goal of treatment and this course will provide you with the tools to do so.

## **Course objectives:**

- Review structural anatomy of the pelvis
- Examine the inguinal canal and define its borders
- Review anatomy of hernias
- Discuss use of MRI and CT in diagnosis
- Discuss successful treatment of sports hernias