

## Case # 2942: Groin

Professional hockey player entered the office with an acute groin injury that he sustained during a game. He was having difficulty walking, squatting, getting in his car, and getting up from a chair. He had a game in two days and the medical evaluation noted that he would be out from 2 to 3 weeks.

After a careful examination the area, angle, and severity of the damage was assessed Myofascial Disruption Technique was performed to the damaged area. The patient was able to get off the table without any pain. He was able to squat and pull his leg across the floor without severe pain. He did report some mild tenderness and was told to go home and ice it.

He was allowed to practice the next day and he was able to be in the ice for the next game.