

Prevention of recurrence of the chronicle Pubalgia according to Hölmich

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Abstract: The pubalgia is one of the most common types of injuries to the soccer. Classically the reeducation of this pathology is divided into two phases. Inflammatory phase where the patient resorts to complete rest with anti-inflammatory. • non-painful phase in which a classic rehabilitation protocol occupies an important place. However, this type of reeducation does not prevent recurrence of the pathology, hence the need for a field rehabilitation protocol. The aim of my work is to evaluate the interest of the Hölmich protocol in the prevention of recurrence of chronic pubalgia of athletes. To prove the effectiveness of this protocol we conducted a prospective comparative study, carried out at Sfax medical-sport center. It spread over a period of 6 months.



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Publications:

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