



**NATIONWIDE CHILDREN'S**  
*When your child needs a hospital, everything matters.*

## Helping Hand™

*Health Education for Patients and Families*

### Sports Medicine: Osteitis Pubis

Osteitis pubis (Aa-stee-**ai**-tuhs **Pyoo** buhs) is an overuse injury at the front of the hip at the symphysis pubis joint. The symphysis pubis connects 2 of the main bones of the pelvis. The symphysis pubis is made up of the pubic bones, cartilage, a joint capsule, and joint fluid. The cause is most likely due to repeated stress over time.

#### Signs and symptoms

- Pain, soreness or ache, and tenderness over the bone in the front of the pelvis
- Symptoms start off slowly after activity and get worse over time
- Pain gets worse with stretching, mainly moving the legs apart or bringing the thighs and legs together
- Pain can spread to the front or inside of the thigh
- Pain gets worse with twisting on one leg, kicking, sprinting, jumping, climbing stairs, or sudden changes in direction while running
- Walking or running with a limp
- Hearing a clicking sound in front of the pelvis

#### Increased risk

- Sports with recurring kicking, jumping, or skating (soccer, football, hockey, weightlifting)
- Poor physical conditioning (strength and conditioning)
- Stiffness or loss of motion of the hip
- Poor warm-up before practice or play

## Treatment

- Medicine
  - Anti-inflammatory medicines, such as ibuprofen (Motrin® or Advil®) or naproxen (Aleve®) may be recommended. Take these as directed by your health care provider.
  - Other minor pain relievers like acetaminophen (Tylenol®) may be taken.
  - Steroids may be injected into the area to help with pain.
- Use of cold and heat
  - Cold should be applied for 10 to 15 minutes every 2 to 3 hours for swelling and after any activity that makes symptoms worse. Use ice packs or an ice massage.
  - Heat may be used before performing stretching and strengthening activities ordered by your health care provider or athletic trainer. Use a heat pack or warm soak. Apply for 10 to 15 minutes.
- Rest
  - Rest from activity followed by a slow and gradual return to sports after symptoms have gone away.
- Rehab
  - Exercises to improve strength, flexibility, and proper body mechanics are important, especially for the hip muscles. These can be done at home, but often a referral to a physical therapist or athletic trainer may be advised by your health care provider.
- Surgery
  - If symptoms continue after at least 6 months of treatment, surgery may be needed.

## How to prevent

- Avoid trauma to the hip.
- Use proper sports technique.
- Maintain proper conditioning, cardiovascular fitness, pelvis and hip strength, endurance, and flexibility.

## When to call the doctor

Call your doctor, health care provider, or the **Sports Medicine team** at **(614) 355-6000** if:

- Pain, tenderness, or swelling gets worse, even with treatment.
- New, unexplained symptoms develop.

To schedule an appointment with Sports Medicine, visit **NationwideChildrens.org/SportsMedicineScheduling** or scan this code with your camera phone.

