

## **Local Sports Physical Therapist is Guest Speaker at National Conference: Diagnosing and Treating persistent Groin Injury**

**January 25, 2006. Trumbull, CT.**

Paddy Jarit of Sport and Orthopaedic Physical Therapy in Fairfield and Trumbull, Conn. spoke to a national audience about persistent sports-related groin injuries. Paddy's experience as a physical therapist and athletic trainer in the NHL, NBA and MLB has exposed him to many elite athletes with this very complicated injury. These particular groin injuries have a common pitfall. They often will not heal without a correct diagnosis followed by specific and diligent rehab. These injuries may ultimately require surgical intervention.

The presentation began by addressing the difficulty of identifying this injury and recognizing it as one that will not heal without very specialized care. So often this type of groin injury, technically named athletic pubalgia, is misdiagnosed as a common muscle strain. Paddy also pointed out that if athletic pubalgia is indeed treated as a simple muscle strain, the athlete will likely never return to painfree sports participation.

Once properly diagnosed, the athlete enters into a very meticulous rehabilitation regimen. This regimen involves intense physical therapy, including core, trunk and pelvic strengthening and stabilization. Over the course of several weeks or months, depending on the severity of the injury, the athlete is then progressed into more specific sport-related functional skills training.

The presentation was met with much interest and generated numerous inquiries from other highly trained physical therapists from around the country.

Mr. Jarit made himself available for further inquiries at his private practices, Sport and Orthopaedic Physical Therapy and Physical Therapy for Women in Fairfield and Trumbull, Conn. He can also be reached via his website at [www.pt4women-pt4sports.com](http://www.pt4women-pt4sports.com) or directly via email at [paddy@pt4women-pt4sports.com](mailto:paddy@pt4women-pt4sports.com).