Hip and Groin Service
Pioneering Hip and Groin Service for athletes
Available at Perform Birmingham
About Perform Birmingham

Perform Birmingham is an advanced performance, sports medicine and rehabilitation centre based at Spire Little Aston Hospital in the West Midlands. It is one of six Perform sites across the UK with a flagship centre based at St George’s Park, the Football Association’s national football centre.

At Perform Birmingham the multidisciplinary team includes specialist chartered physiotherapists, podiatrists, nutritional therapists and sports massage therapists who all work alongside consultant sports medicine physicians and orthopaedic surgeons.

Perform Birmingham encompasses a full range of physiotherapy services, podiatry, sports massage and nutritional therapy.

Who can benefit from using Perform Birmingham?

» Individuals who need rehabilitation from injury, surgery or illness
» Individuals who want to improve their overall health and fitness
» Athletes who need to achieve and maintain continual high performance

Professional, personal service in a private hospital environment.
The Hip and Groin Service at Perform Birmingham

The Hip and Groin Service at Perform Birmingham is a one-stop clinic with a multidisciplinary team which treats hip and groin pain in athletes and those with a good level of fitness.

Due to the complexity of the region, patients with hip or groin pain can often be misdiagnosed, delaying effective treatment and recovery. Through the unique Hip and Groin Service at Perform Birmingham, patients are initially assessed by Dr Mark Gillett, our Sports Medicine Doctor who has successfully treated many athletes with pressured timescales for recovery.

What to expect at the initial assessment with Dr Gillett:

» A thorough examination of the hip and groin region and also the areas above and below the region that can potentially contribute to the problem
» Identification of any contributory factors which may need to be addressed such as overuse or repetitive strain
» Investigation with an x-ray or scan if there are any suspected irregularities within the bones of the hip and groin
» Accurate diagnosis of the problem with an onward referral to one of our hip or groin specialists if required
» In cases where the problem does not warrant an investigation, referral to our specialist physiotherapists for treatment
» A seamless VIP service to get patients back to fitness quickly

Who can use the Hip and Groin Service?

» All athletes from professional sporting organisations
» The general public who have busy active lives and a good level of fitness
» Insured or self-pay patients

We treat all aspects of hip and groin pain including:

» Hernias
» Sportsman’s groin
» Hip surgery
» Soft tissue injuries
» Chronic tendinopathies

We accept referrals from patients directly, from GPs, sports physicians and physiotherapists as well as tertiary referrals.
Why choose the Hip and Groin Service at Perform Birmingham?

Quick and accurate diagnosis
Whether hip or groin pain happens over time or from sudden impact, we understand the importance of accurately diagnosing and treating athletes and other patients to get them back to fitness as soon as possible.

Advanced technologies
To get the best performance from our patients we use some of the most advanced medical, performance and rehabilitation technologies available.

One-stop clinic of expertise
Our team of expert surgeons and physiotherapists offer a specialist service which benefits athletes from around the world and also those with a busy active lifestyle who are keen to get back to work and/or sports as quickly as possible. We provide a specialist one-stop clinic from initial consultation through to aftercare enabling athletes to perform at their very best.

Tailored treatment

The Hip and Groin team has an international reputation for treating athletes from professional and high level sporting organisations for common and complex hip and groin injuries. The extensive knowledge and experience of the team coupled with advanced diagnostic facilities enables us to customise surgical and non-surgical techniques to suit the individual needs of the patient.

Hernias and sportsman’s Groin

Hernias and Gilmore’s Groin are common sports injuries suffered in kicking sports such as football and rugby, plus sports that require an individual to maintain a bent forward position such as hockey. Correct diagnosis and treatment can be difficult because of the interplay between the hip joint, nerves, muscles, tendons and ligaments. This means that very similar symptoms can be caused by a variety of different problems. It is therefore essential that accurate diagnosis and treatment is received.

Hernia surgery with Dr Muschaweck
Dr Muschawek treats each patient individually with tailored surgery under local anaesthetic and chooses the surgical technique based on the specific needs of the patient.

Mesh-free techniques

Minimal Repair (Muschaweck Repair)
This technique was developed by Dr Muschawek and is used in over 70% of her patients. The technique is completely mesh free and is suitable for professional athletes with a sportsman’s hernia (pubalgia) or other patients with a small defect and hernia. With this extremely sparing surgical technique the area of the defect is opened leaving the undamaged surrounding tissues intact. The patient has less pain and in most cases can start strenuous physical exercise after just 2 days.

Shouldice Repair
The main feature of this technique is an elastic doubling of each abdominal layer to retain the smoothness of all the layers. Physical immobility is therefore not necessary and the patient can return to work a few days after surgery. The Shouldice Technique is mesh free and is used for patients who have a large defect in the transverse fascia of the inguinal canal but stable layers and muscles. The reoccurrence rate for a hernia is just 0.2% using the Shouldice Repair technique.

Dr Muschawek has successfully operated on over 22,000 hernia patients.
Hip and groin pain treatment

Mesh techniques
Lichtenstein Repair
With the Lichtenstein technique, the defect is repaired with a normal suture and a square mesh is laid and sutured on top of the most anterior muscle layers. The Lichtenstein technique is mostly used for elderly patients when the abdominal wall is not sufficiently stable to allow a primary suture.

TIPP Repair
This technique is based on the surgical technique of Dr. Rives. A wide mesh is placed underneath the abdominal wall and peritoneum. This technique is necessary for patients who show an insufficiency of the posterior wall only, but also have taut and stable tissues.

Hip pain
Hip pain is often caused by direct impacts and overuse syndromes. Treatment should be sought as soon as the pain begins.

Osteoarthritis, a type of arthritis caused by wear-and-tear or deterioration of the hip joint, is one of the most common causes of chronic hip pain for both athletes and non-athletes alike. Our physiotherapists use conservative methods such as strengthening exercises and medication to treat Osteoarthritis but if this is unsuccessful, surgery may be required.

Hip surgery with Dr. Callum McBryde
Mr. McBryde specialises in all the conditions that cause hip and groin pain. He is proficient in all the clinical and surgical aspects of the specialist field of young adult hip surgery.

Arthroscopic hip surgery
Arthroscopic hip surgery (key hole surgery) is a common orthopaedic procedure often performed on a day-case basis. It is much less invasive than conventional open hip surgery and the recovery time is much quicker.

Hip resurfacing
Hip resurfacing surgery is an alternative to total hip replacement surgery. During resurfacing, the surfaces of the two bones that form the hip joint are replaced with metal components.

Hip replacement
Hip replacement surgery is an operation to replace a damaged or worn hip joint with an artificial version. It is regarded as a long term isolation for joint pain and immobility and is often the most effective treatment. A hip replacement can help those patients who have tried all non-surgical treatments and still have long-term (chronic) pain and reduced mobility.

Soft tissue injuries
Hip and groin injuries can be due to soft tissue damage to muscle, ligaments, tendons, nerves, discs and other fibrous tissues. Most soft tissue damage is associated with overuse of the lower extremities and hip joints.

Chronic tendonopathies
Chronic tendonopathy is a prolonged inflammation of the tendons and can affect athletes and people with a job which requires performing repetitive acts. It is also due to bad posture or the over-staining of muscles.

For both soft tissue injuries and chronic tendonopathies, medication and rehabilitation such as regular massages will assist with the natural healing of the tendon.

Sports specific physiotherapy for hip and groin pain
Whether it’s rehabilitation after surgery or for an injury, Steve Wright, our Specialist Groin Physiotherapist along with the highly skilled sports injury team develop bespoke treatment plans tailored to meet the needs of the patient.

Management options are vast for hip and groin problems, but the more common treatment techniques used include correction of muscle imbalances around the hip and pelvis, soft tissue massage and the use of acupuncture, where appropriate.

Steve Wright, Specialist Groin Physiotherapist
The Hip and Groin Service team

The multidisciplinary team is made up of four key members who have worked with many elite athletes including those from premiership football clubs and rugby clubs.

Dr Mark Gillett
Sports & Exercise Consultant MSc (SEM) FRCS FCEM FISEM (UK&I) DipIMC RCSED
Dr Gillett is a specialist in Sports and Exercise Medicine, having worked with elite athletes and teams for the last fifteen years. He is currently Director of Performance at West Bromwich Albion FC, leading on injury treatment and prevention as well as performance enhancement for a squad that has maintained its Premier League status for four consecutive years. He was also part of the Team GB medical team at the London 2012 Olympics. Prior to taking up his current post he was employed as first team doctor at Chelsea FC.

Dr Gillett is also Head of Athletic Performance at British Basketball, Lead Physician for the Talented Athlete Scholarship scheme and Training Program Director for Sports & Exercise Medicine training in the West Midlands deanery. He has recently been appointed as Honorary Senior Lecturer in Sports Science at the University of Birmingham.

Dr Gillett focuses on bone, joint, ligament and tendon injuries attained through sport and other activities. His approach is to look at functional recovery and he uses up to date therapeutic and exercise techniques to promote a rapid return to activity. He has a clinic at Spire Perform on Mondays from 5-8pm and appointments can be made by email at birmingham@spireperform.com or by telephone on 0121 580 7373.

Dr Ulrike Muschaweck
Consultant Hernia Surgeon MD, Ph.D
We are delighted to welcome Dr Ulrike Muschaweck to the Hip and Groin team at Perform Birmingham. Dr Muschaweck is a world-leading surgeon for hernia repair. She has developed new hernia techniques in recent years which have revolutionised patient care, namely the Minimal Repair technique. The Minimal Repair technique is suitable for top athletes and those with a good level of health and fitness. Patients from professional sports clubs travel from around the world to be treated by Dr Muschaweck.

Dr Muschaweck is the surgical chief and founder at the ‘Hernia Center, Munich’, the largest European centre that exclusively specialises in hernia surgery. She has worked solely on developing techniques in hernia surgery since 1989, and has a further special interest in hernias of the abdominal wall and groin region. Since 1989 Dr Muschaweck has worked solely on developing techniques in hernia surgery. She took up residence in her own medical practice as surgical specialist in 1993 and since then has worked exclusively in the field of hernia surgery.

Mr Callum McBryde
Consultant Hip Surgeon MB ChB MRCS MD FRCS(Tr&Orth)
Mr McBryde specialises in all the conditions that cause hip and groin pain, in particular the clinical and surgical aspects of the specialist field of young adult hip surgery. This includes femoral and acetabular osteotomies (both periacetabular osteotomy (PAO) and triple pelvic osteotomy), hip arthroscopy, resurfacing, total hip replacement and revision hip replacement.

Early in his surgical career, Mr McBryde was awarded the esteemed RH Sage Award for the best surgical trainee of the year. During his orthopaedic training he developed his specialist interest in conditions affecting the young adult hip. He was awarded the first ever McMinn scholarship by the British Hip Society, which allowed him to complete a doctoral higher degree. He has lectured and taught at a number of international meetings in North America, Europe and Australia. He works as a consultant in Hip Preservation alongside Professor Griffin, a world-leader in hiparthroscopy techniques, before taking up a consultant practice in Birmingham at The Royal Orthopaedic Hospital.

Steve Wright
Specialist Groin Physiotherapist
Steve is a certified Kinetic Control Movement Therapist with 15 years experience in sport. He is currently Lead Rehabilitation Physiotherapist at West Bromwich Albion FC, Consultant Physio GB Basketball, and provides support for world class athletes from Triathlon and Mixed Martial Arts, Commonwealth gold medalists and British Champions.

Steve has a special interest in groin injury and rehabilitation, is currently completing MSc dissertation in Ground Reaction Force, lower limb acceleration profiles and its relationship with injury, and has a PG Dip in Musculoskeletal Medicine pending. Additional research and ongoing projects include: Altered motor control post injury, changes in angular velocity of lower limbs secondary to injury and fatigue.

Rehabilitation with a physiotherapist after surgery is essential to get patients back to fitness quickly.

www.spireperform.com/birmingham
Suspected hip or groin injury?

We accept referrals from:
» Patients directly
» GPs
» Sports physicians
» Physiotherapists

Patients can be seen using either private medical insurance or self-funding.

For patients who are not covered by medical insurance we offer all-inclusive packages for rehabilitation and/or surgery and work in collaboration with First Medical Loans to offer interest free payment plans.

Contact us
Call:
0121 580 7131
Email:
lauren.haywood@spirehealthcare.com

Opening hours:
8am - 8pm Monday to Thursday
8am - 5pm Friday
8am - 12.30pm Saturday mornings

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