Sheffield Aches & Pains

Supported by NHS

Adults Groin Pain Hernia Pathway

Start here

Clinical hernia?

Yes

Refer General Surgery if meet criteria.

https://www.sheffieldccgportal.co.uk/referral-forms/surgical-repair-of-hernias-checklist-and-referral-form

No imaging required

Yes

Clinical hernia or on-going symptoms + previous hernia repair same side? Chronic groin pain

No

Likely Musculoskeletal.
No imaging required

Consider Analgesia, Physiotherapy/Physiotherapy Directed Exercise in Primary care (For link see below)

Review in 6 weeks.

On-going Groin Pain and no clinical hernia?

No

No MSK referral needed.

Yes

Referral into MSK Sheffield

Further rehab needs identified?

Advanced Practice Therapist review +/-investigations (X-ray)

Unclear diagnosis.

Consider referral to Sports and Exercise Medicine.

If sports hernia refer to Laparoscopic Hernia Surgeon in General Surgery.

On-going Groin Pain and no clinical hernia?

Yes

No

Discharge from MSK Sheffield.