32 year old female runner with hip pain.

Allan Zhang DO
Daniel E. Marrero, MD
Osteitis Pubis
Osteitis Pubis
Osteitis Pubis

- **Presentation**
  - Unilateral or bilateral groin pain, exacerbated by activity
  - Perineal pain with running
  - Decreased range of motion
- **Demographics**
  - Young athletic adults
  - Postpartum females of any age
  - Elderly osteoporotic adults
- **Radiographic findings**
  - Acute: radiographic occult
  - Subacute: subchondral resorption, sometimes unilateral, often asymmetric
  - Chronic: subchondral sclerosis, more prominent erosions
Osteitis Pubis

• Differentials
  – Avulsion injury at pubis
  – Stress fracture
  – Osteomyelitis

• Treatment
  – Cessation of activity/Conservative pain control
  – Injection of steroids
  – Surgical stabilization, only after all exhausted other conservative treatment
References
