

# The Gilmore Groin and Hernia Clinic

The Gilmore Groin and Hernia Clinic was established in 1991 by Mr Jerry Gilmore.

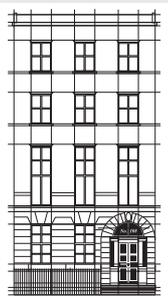
Prior to this in 1980 he recognised the syndrome of Groin Disruption in sportsmen and undertook the first successful repair.

The technique later became known as 'Gilmore's Groin' or 'Sportsman's Groin' (and also 'the sports hernia') and has resulted in the successful and rapid restoration of many sporting careers from weekend warrior to elite, world class performers.

Mr Simon Marsh, who joined the clinic in 1999, was appointed Surgical Director following Jerry Gilmore's retirement from practice in October 2010. He has developed this repair technique further.

The clinic provides a comprehensive, rapid access diagnostic and assessment service for Gilmore's Groin and hernia of all types

- Consultant surgeon-led specialist team
- Daily consultant clinics
- On-site general radiography
- On-site ultrasound
- Rapid results
- Experienced nurses
- Fast access to surgery



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MEDICAL  
CHAMBERS

108 HARLEY STREET  
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## Second Opinion Service:

Our Consultant Surgeons are happy to provide a second opinion service if a patient having had a diagnosis elsewhere wants this reviewed and/or wishes to discuss the treatment options already proposed.

We believe that this is especially relevant for patients with a suspected Gilmore's Groin / Sporting Groin / Sportsman's Groin who, because it is frequently referred to as a 'Sports Hernia', have been told that no herniae can be seen on any scans so they therefore either receive no treatment, an inappropriate mesh hernia repair or are returned to the diagnostic process.

Once diagnosis has been confirmed the appropriate treatment can be recommended; this treatment is discussed and agreed with the patient and can be either surgical intervention or the ongoing management of the condition.

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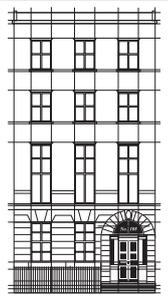


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# The Gilmore Groin and Hernia Clinic Team

## Consultant Surgeons



Mr Simon Marsh



Mr Emin Carapeti



Mr Ahmed Ahmed



Mr Amir Darakhshan

## Gilmore's Groin Treatment

The success of surgery for groin disruption (Gilmore's Groin) depends on accurate diagnosis, meticulous repair of each element of the disruption and intensive rehabilitation according to a standard rehabilitation programme. Surgery is indicated in sportsmen, who are unable to play, or fail to respond to rehabilitation.

## Consultant in Sports and Musculoskeletal Medicine



Dr Ralph Rogers

The surgical treatment consists of restoring normal anatomy with a six-layered structural repair of the inguinal region. Adductor tenotomy is indicated in patients with persistent and troublesome adductor tears, which do not respond to conservative treatment.

Recently, following discussion with surgeons around the world, the classical Gilmore technique has been modified with the aim of reducing the recovery time, whilst maintaining the strengths of the full anatomical repair.

Many patients show signs of pubic bone stress injury (previously known as osteitis pubis) and in these cases the inguinal ligament can be divided as it inserts into the pubic tubercle to reduce the tension (an inguinal ligament tenolysis). In addition the permanent suture used for the darn has been changed from a large nylon stitch to a smaller, less reactive prolene stitch. Whilst still giving the immediate strength that is required to allow rapid rehabilitation, this stitch should produce less tissue reaction and so less discomfort.

The formal repair is now known as the 'Marsh Modification of the Gilmore Technique'.

To make an appointment or to find out more information call us on  
0207 563 1234, e-mail [info@108harleystreet.co.uk](mailto:info@108harleystreet.co.uk) or visit the website at  
[www.thegilmoregroinandherniaclinic.co.uk](http://www.thegilmoregroinandherniaclinic.co.uk)