**Femoral Hernia**
- Trans to the CFV at GSV junction
  - Supine with Valsalva
    - Cine clip (Trans)
- If no hernia visible at GSV junction, scan proximal along CFV

**Indirect Inguinal Hernia**
- Arterial Fork
  - Supine with Valsalva
    - Cine clip (Trans)
- Inguinal canal
  - Supine with Valsalva
    - Cine clips (Trans & Long to canal)

**Direct Hernia**
- Hesselbach’s Triangle
  - Supine with Valsalva
    - Cine clip (Trans)

**Symptomatic site (if negative supine)**
- Standing with Valsalva
  - Cine clips (Trans & Long)

**Positive exam**
- Cines
- Demonstrate if its reducible
- Measure neck (width)
- Measure sac (3 dimensions)

**Sports Hernia** (athletic pubalgia)
- Rectus abdominis insertion/aponeurosis
  - Long & Short axis
    - Include contralateral side on short axis images
  - Power Doppler
  - Measurement (Long)
    - Split screen with comparison to contralateral side
- Adductor origin/aponeurosis (slight frog leg position)
  - Long & Short axis
  - Power Doppler
  - Measurement (Long)
    - Split screen with comparison to contralateral side

**Spigelian Hernia** (if symptomatic)
- Inf Epigastric Artery superior near rectus muscle
  - Supine with Valsalva
    - Cine clip (Trans)

http://sportsmedicineimaging.com/topics/sports-hernia/