

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/>