

Cadera normal y patológica.

- Cara medial

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Consell Català de l'Esport  
Clínica Diagonal

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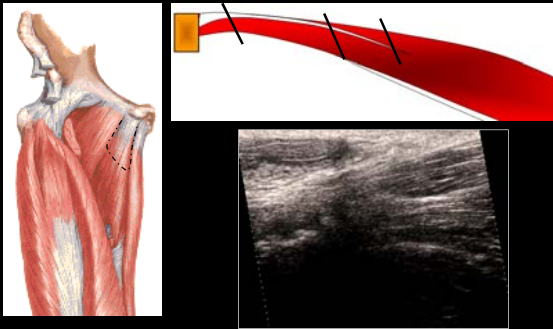
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Anatomía del Aductor Longus



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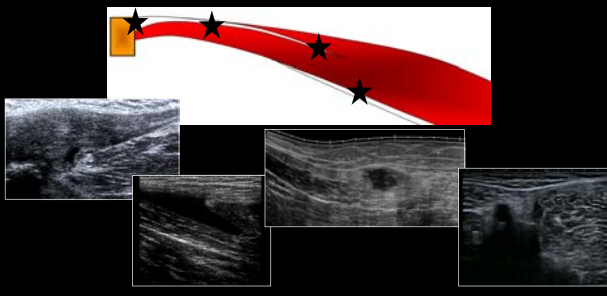
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Lesión del Aductor Longus

- Lesión Tendoperióstica (UTP)
- Lesión Proximal (UMT)
- Lesión Tendón Central
- Lesión Distal (Fascial)



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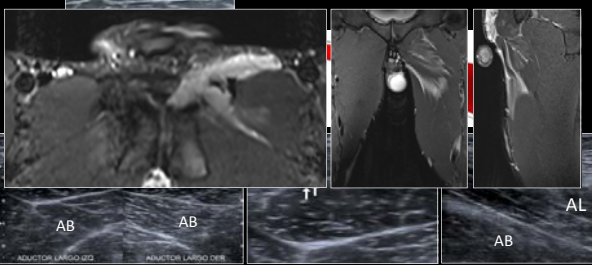
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### 1. Aductor Longus: Lesión Proximal (MT)

Lesión músculo-tendinosa  
Más frecuente  
Grandes colecciones líquidas  
Cicatriz laminar característica



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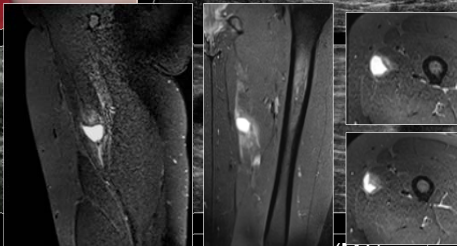
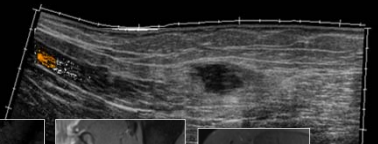
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### 2. Lesión tendón Central (MT)

Lesión músculo-tendinosa  
Poco frecuente  
Buen pronóstico

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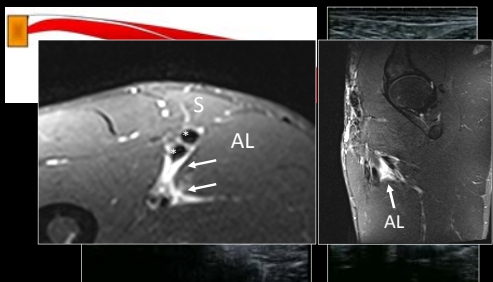
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### 3. Lesión Distal (miofascial)

Frecuente  
Colección líquida de concavidad medial  
Vecinos anatómicos: Sartorio e Iíacos Superficiales



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#### 4. Lesión tendoperióstica

Lesión aguda: DESINSERCIÓN parcial o total

Lesión crónica: PUBALGIA

Dolor inguinal: *SPORTS HERNIA*



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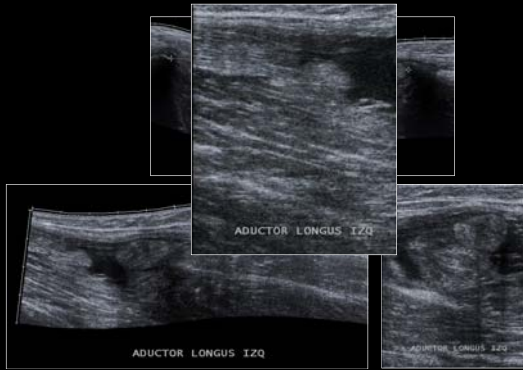
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#### DESINSERCIÓN COMPLETA (músculo y tendón)



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#### DESINSERCIÓN PARCIAL (tendón)



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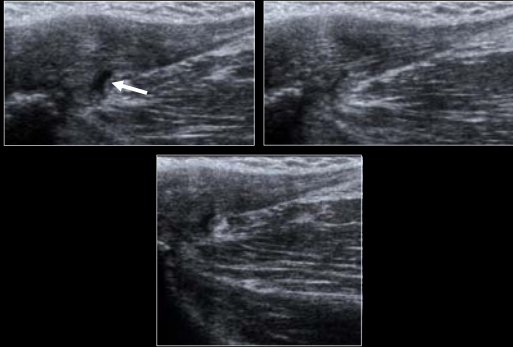
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Lesión Crónica: PUBALGIA  
Osteopatía Dinámica Pubis + Lesión TP



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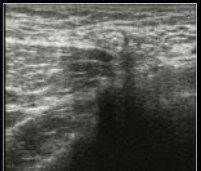
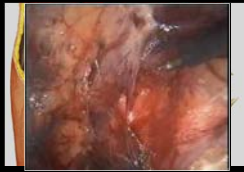
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Detección de LIPOMA HERNIARIO



Lipoma  
"Sports hernia"

Contralateral

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