

A NAGGING PAIN

A college student traveled hundreds of miles to get well again.

COLLEGE SOCCER PLAYER Trevor Kerns is used to soreness, but when he started feeling pain in his groin, he knew it was different. Frustration ensued as he visited several doctors and physical therapists, but no one could find the source of the problem.

“My dream is to play professional soccer,” says Trevor, 21. “I want to stay healthy and get rid of my groin issue.”

His dad, Kelly, knows the trainer of the Kansas City Chiefs, who thought Trevor might have an athlete hernia, also known as a sports hernia. He recommended the family visit surgeon

Andrew Boyarsky, M.D., at **Raritan Bay Medical Center—Old Bridge**.

Although Raritan Bay is 1,200 miles from the Kernses’ home in Kansas, they decided it was worth it to make the trip.

“Only a few doctors in the country know how to identify and treat these types of core muscle problems,” Kelly says. Dr. Boyarsky has spent a couple of decades honing his technique, and multiple collegiate and professional athletic programs have relied on him to evaluate and repair athlete hernias.

A COMPLICATED ISSUE

The difficulty with athlete hernias is that they are tough to diagnose and to treat. “We’re not even sure whether ‘hernia’ is the right term,” Dr. Boyarsky says. “It’s not an acute injury; it’s pain in the groin that comes on for no reason when patients are doing their activity.”

Sports hernias typically affect high-caliber athletes, more often men than women. They were first described in soccer players in the mid-1980s, but they can also affect football, hockey and lacrosse players.



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BACK TO SCHOOL

Trevor Kerns is back to studying and playing soccer at Old Dominion University in Norfolk, Virginia.

FINDING THE BEST

A dynamic ultrasound test revealed a difference between the sides of Trevor’s groin, showing that he did have an athlete hernia. Later that day, Dr. Boyarsky performed a quick surgery — less than 45 minutes — to tighten the muscles in the groin and relieve the pressure.

Today, Trevor is back at Old Dominion University, playing with ease.

“I thought Dr. Boyarsky was one of the best doctors I’ve ever met,” Trevor says. “We could tell that he knew what he was doing.”

While it was a leap of faith to go to Raritan Bay, Kelly is glad they did it. “When you see your son struggle, the idea of getting on a plane isn’t that big of a deal,” he says. “You want to see the best.” ❄️



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