Aim: The main objective of this study is to describe and analyze the assessment and treatment of chronic groin pain (CGP) based on the experience collected in 20 years.

Material and Methods: Descriptive, observational, and retrospective study. It is a multidisciplinary team formed by surgeons, physiotherapists, orthopedists, and imaging specialists. That had developed an assessment, diagnosis, and treatment algorithm for (CGP), which have been implemented for more than 20 years. Follow-up included a record of clinical examination findings, clinical entities diagnosed, ultrasound findings, physiotherapy treatment, operation notes, and postoperative recovery, time to return to sporting activity, and complications.

Results: In the period between August 2000 and August 2020, we assessed 9996 patients with CGP. (91%) men and (9%) women with a mean age of 30 (SD: 11.21).

The most frequently practiced sports were: football (43%), rugby (25%), tennis (12%).

The most frequent clinical entities registered were tendinopathies (69%): iliopsoas-pectineus-related (36%) and adductor-related (33%).

Tendinopathy sports rehabilitation treatment: (95.7%) presented total recovery in 45 days; 260 patients (4.3%) in intra-tissue percutaneous electrolysis was used with favorable recovery. Only 16 patients required tenotomies.

The ultrasound has been used to detect signs of adductor tendinopathy (92%) and sportsman hernia, but has low sensitivity in iliopsoas-pectineus tendinopathy (21%).

Conclusions: The algorithm used has proven to be safe and successful. Tendinopathies and Sportsman's hernia are the most common causes of chronic groin pain in sportsmen, presenting together in 82% of the cases.

TAPP hernioplasty repair, followed by physical rehabilitation offered excellent results to treat sportsman hernia.