



THE Lloyd
Release
PROCEDURE

The Lloyd Release Procedure

The definitive treatment of groin pain for elite athletes. The Lloyd Release Procedure® is an innovative and new advance in the treatment of groin pain. It has been specifically developed to enable athletes to return to their sport within weeks. The procedure is performed using keyhole surgery so there are no large incisions and no stitches. International and premier league sportsmen have benefited from this revolutionary operation pioneered by David Lloyd.

The Surgeon



Mr. David M Lloyd MBBS, MD, FRCS, qualified in 1980 at St. George's Hospital London. He became a Fellow of the Royal College of Surgeons in 1985 and went on to train in London, Chicago, Hamburg and Leicester. David Lloyd is now a full-time Consultant Surgeon specialising in keyhole surgery and Honorary Senior Lecturer in cancer studies at the University

Hospitals Leicester. He has gained an international reputation for his pioneering work not only in keyhole surgery but also for the treatment of cancer by developing a machine using microwave technology to destroy liver tumours. He has developed keyhole techniques for many conditions of the liver, spleen, gall bladder and groin, performing more than 4,000 keyhole hernia operations. During the last decade David Lloyd has developed a revolutionary new treatment for groin pain treating more than 300 patients with outstanding results.

History and Development

Many athletes who develop groin strain and pain are referred to David Lloyd with a presumed diagnosis of a 'sportsman's hernia'. However it is clear that most athletes do not have a lump (or hernia) and nearly all of them have pain deep in the groin caused by stress to the groin ligaments. Many sportsmen have already undergone conventional hernia surgery, in an attempt to cure their discomfort, but unfortunately they continue to have painful symptoms. Clinical examination usually reveals a tender area deep in the groin indicating that the inguinal ligament attachment is inflamed. The symptoms are very similar to those found in tennis elbow. In this condition, severe pain is relieved by the release of the extensor tendon in the elbow. In a similar way the Lloyd Release Procedure® alleviates the tension in the inguinal ligament and relieves

the pain. The first patient referred to David Lloyd was Ian Marshall, an ex-Everton footballer, playing for Leicester City Football Club. He had already undergone two conventional open operations in his groin without any benefit and was unable to play football during his last season. Following a consultation with David Lloyd he underwent the world's first release procedure. Twenty three days later, on 18th April 1998, he played for Leicester City in the Carling Cup, against his old club Everton, scoring the equalising goal (the final score being 1-1). Ian's groin pain had gone and he was back playing within weeks, with no problems at all after the release of the inguinal ligament attachment. He was inevitably delighted with the outcome. Since then hundreds of top athletes have undergone this new operation known as the Lloyd Release Procedure®.



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Groin pain is extremely common and affects many athletes at some point in their sporting career. It is generally assumed that the pain is due to a small undetectable hernia, known as a sportsman's hernia. However this theory has been challenged as new evidence suggests that the symptoms are caused by inflammation and disruption of the attachment of the inguinal ligament to the pubic tubercle. Releasing this ligament and its attachments relieves the tension and relieves the pain without any functional change whatsoever. This revolutionary method of treating groin pain has become known as the Lloyd Release Procedure®. Most athletes have returned to their competitive sport within a few weeks of their operation.



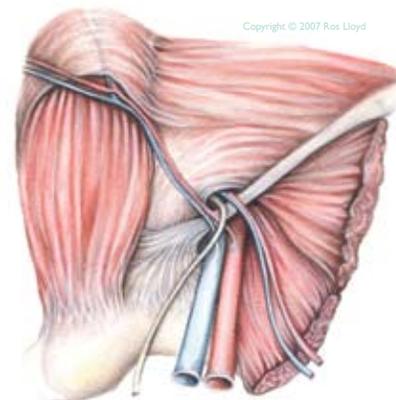
Usual area of pain

What does the procedure involve?

The Lloyd Release Procedure® is a small surgical method of treating groin pain. It involves a general anaesthetic, three tiny incisions and no stitches. Athletes are admitted as day patients and the majority are discharged the same day. The incisions are made near the belly button and the whole procedure takes less than 30 minutes to perform.

A telescopic camera is placed into the abdomen, the ligaments in the groins are examined and the inguinal ligament, the lacunar ligament, pectineal ligament and surrounding scar tissues are treated.

Tension in the groin is released and a synthetic mesh is placed on the inside to reinforce the abdominal wall in the same way as for routine keyhole hernia repairs.



Internal view of groin ligaments

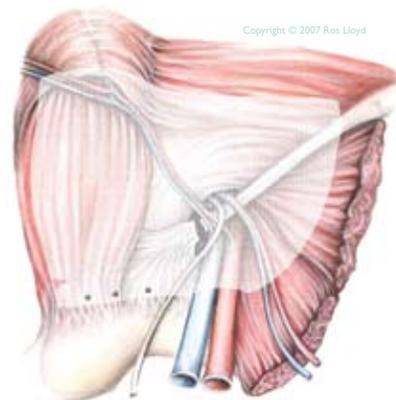
What does rehabilitation involve?

Rehabilitation is rapid and sportsmen and women are encouraged to return to their normal activities as quickly as possible. Specifically, the treated groin must be mobilised immediately and groin-stretching exercises commenced the morning after surgery. Jogging can commence within a few days and light gym work/cycling within one week. Most athletes are formally training between 7 and 10 days after



George Raziak, Poland and Derby City footballer, played at 14 days after the Lloyd Release Procedure®.

their operation with more than half the athletes returning to their sport within 2 weeks. Slight discomfort and swelling may remain for up to 6 weeks but this does not seem to interfere with normal sporting activities. Tight running or cycling shorts are recommended for the first few weeks to improve comfort and reduce potential swelling.



After the operation with mesh

- No large incisions
- Day case surgery
- Minimal scarring, minimal pain
- Successfully performed on more than 300 athletes
- Recovery faster than conventional open groin surgery
- Most athletes start training 7-10 days after procedure
- 90% of athletes return to competitive sport within 4 weeks
- Excellent long term results



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Shane Williams, Welsh rugby star. Played for the Ospreys at 3 weeks and Wales at 5 weeks after the procedure. "I am delighted with the result."



David Masters, Leicestershire Cricket Club, "I feel great. I was in the nets practising within days and bowling competitively within 2 weeks."



Darius Vassell, England and Manchester City footballer, had the procedure on both groins. He played at 14 days.



Tim Stockdale, England and Olympic Eventer: "Tremendous! I was back training in days and won a Bronze at the European Championships 3 weeks after surgery."



Dean Ryan, England rugby player, now coaching at Gloucester. Dr. Mackay, the club doctor, said, "Dean made the fastest recovery I have known. He was playing within days."



Marcus Allback, Sweden and Aston Villa footballer, commented that after a few weeks his pain had gone.



Phil DeFreitas, England cricketer, played at 9 days after the release procedure.



Ian Balshaw, England and Gloucester rugby fullback played at 3 weeks.



Matt Etherington, West Ham footballer, still playing 5 years after surgery.



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