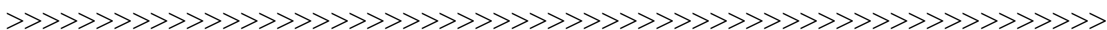


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Groin strain

A groin strain is an injury of the muscles on the inner side of the thigh (adductor muscles). Can be caused by sudden movements such as twisting, kicking, running, jumping or activities that make the muscle overstretch like lifting heavy weights, resistance training or a fall.

Pacing Physical Activity:

It is important to pace out your physical activities and ensure it feels ok later that evening/next day. Modify some of your activities to allow your hip some relative rest in the short term.

Pain management methods:

On the first days of treatment should apply ice packs regularly, rest, compression and elevation to help the recovery.

Exercises:



We would recommend you try the following exercises.

1st stage:

Knee Bend:

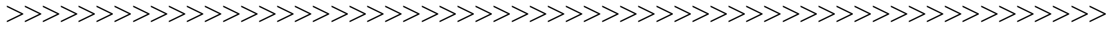
- On lying position
- Bend your knee towards your bottom and straight back to the starting position
- 15 repetitions



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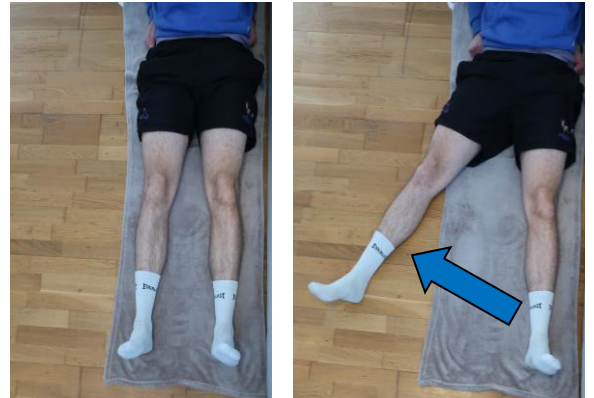


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Leg abduction:



- Lying on your back
- Open your leg out to the side
- Bring it to the starting position
- 15 repetitions



Leg abduction on the side:

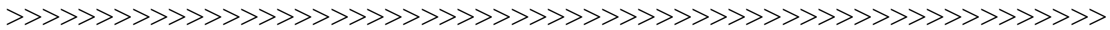
- Lying on your good side
- Lift your affected leg, keeping your knee straight and toes pointing forward
- 10 repetitions



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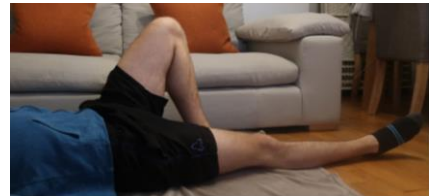


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Straight leg raise:


- Lie on your back
- Bend the uninjured knee
- Keeping your affected knee straight
- Lift your leg from the floor
- Slowly lower your leg down
- 10 repetitions, 2 sets



Ball/Towel squeeze:

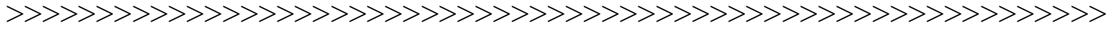
- Sitting down
- Place a ball or towel between your knees
- Squeeze the ball for 10 seconds
- 10 repetitions



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Hip flexion:

- Sitting on a chair
- Lift up your leg, keeping your knee bent
- Hold 5 seconds
- 10 repetitions





2nd stage (start these exercises when your pain has reduced)

Hamstring stretch:

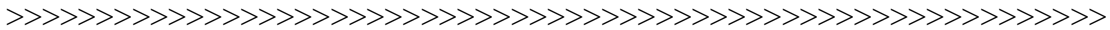
- Sitting down on the floor or bed with your legs straight in front of you
- Put a towel/theraband around your foot of the injured leg
- Gently pull on the towel towards you, feel the stretch
- Hold 20 seconds, 3 repetitions



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Hip adductor stretch:

- Lie on your back
- Bend both of your knees, keeping your feet flat on the floor
- Gently spread your knees apart
- Feeling the stretch on the inside of your thighs
- Hold 20 to 30 seconds
- 3/5 repetitions



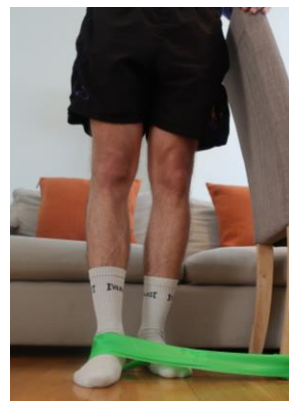
Resisted hip flexion:



- Tie one end of a theraband around the ankle on your injured side.
- Tie the other end to a chair or leg table
- Against the band bring your leg forward, keeping your knee straight
- 10 repetitions, 2 sets



Resisted hip abduction:

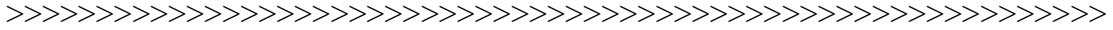
- Tie one end of a theraband around the ankle on your injured side.
- Tie the other end to a chair or leg table
- Against the band bring your leg outwards, keeping your knee straight
- 10 repetitions, 2 sets



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Resisted hip adduction:

- Tie one end of a theraband around the ankle on your injured side.
- Tie the other end to a chair or leg table
- Against the band bring your leg inwards, keeping your knee straight
- 10 repetitions, 2 sets

