

# ABOUT GROIN STRAINS

## HISTORY

Groin strains involve injury to the adductor, hip flexor or abdominal muscles of the hip. Causes include:

- Blunt trauma (getting hit)
- Forceful contraction (ex. kicking)
- Microtrauma (ex. repetitive injury)

## SIGNS & SYMPTOMS

### Grade 1

- No loss of function or strength
- Pain in groin area with activity
- Swelling and/or tenderness

### Grade 2

- Some weakness.
- Pain in groin area with activity
- Swelling and/or tenderness
- Bruising

### Grade 3

- Complete muscle tear
- Complete functional loss
- Pain in groin area
- Bunching and/or retraction of torn muscle fibers

## ANATOMY

The adductor muscles are found on the inside of the thigh and are comprised of 6 muscles. All the adductor muscles originate on the pubic bone, and the adductor longus is the most commonly injured adductor muscle in sport.



## Contact us

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## 1.Pain Management

After the initial injury, utilize the **RICE principle** to assist with initial healing. This involves **Rest, Ice, Compression, and Elevation**. Nonsteroidal anti-inflammatory drugs may also be taken during this time to manage pain and reduce swelling.



## 2.Mobility

To perform adductor lunge stretch, kneel on one knee while extending the other leg to the side and placing both hands on the floor in front of you. Try to straighten the right knee and lean forward while relaxing your hips. Gently rock your hips to adjust the intensity and targeted muscles. Perform 3 times on each side for 30 seconds.



## 3.Strength

**Ball squeezes** are performed by laying on your back and placing a ball between your knees. Plant your feet on the floor and keep your knees and feet inline with your hips. Squeeze your knees into the ball and hold for 5 to 10 seconds. From there, relax but hold the ball between your thighs. Repeat for 3 sets for up to 10 reps.



## 4.Functional/Sport

Once previous stages are managed, you can progress to sport and functional activities such as **skater jumps**. Begin by standing on one foot in a slight lunge, then jump laterally to the opposite leg, landing softly with a slight bend. Repeat to the opposite side. Repeat this action swiftly for 3 sets until you become fatigued.

