

Your Injury

As there are more than 22 muscles on each side of the pelvis along with their associated tendons, the term 'groin injury' is often used as a general description of injury to one of these structures. There are also overlying stomach muscles which add further pulling forces to the pelvis.

Warm Up & Warm Down

When injured it is particularly important that you warm up with a fast walk (at a pain free pace) for 3-4 minutes before you start your exercises. This increases your circulation and helps prepare your muscles for the activity to come. When you have finished your exercises, it is also important to allow your heart rate to slow down gradually by ending the session with a gentle walk for 3-4 minutes.

Your Rehabilitation Programme

This exercise programme has specific exercises to stretch tight muscles, improve flexibility and strengthen muscles around the groin. In order to achieve proper rehabilitation of your injury it is important to ensure the exercises are performed with good technique. Poor practice leads to poor performance and potential strain on your injury. The following leaflet includes some exercises to help in your rehabilitation. Some exercises include the use of a football, this is voluntary and the exercises could be done without the football if preferred.

Stretching Exercises:

Hold all the stretches for 20 seconds each and repeat them three times on each leg.

A. Adductor muscle stretch (inside thigh muscles), squat position.

In a squatting position, place the outside of both arms against the inside of both legs. Apply gentle pressure from the arms to gradually increase range of flexibility.

B. Adductor stretch, (inside thigh muscles) sitting position.

In the sitting position, place the soles of both feet together. Grasp both ankles and flex trunk forwards keeping a straight back, to feel the stretch in the inside of your thighs.

C. Abdominals, prone lying.

Lying on your front, place the palms of both hands on the floor. Keeping you hips/pelvis on the floor, extended both arms to stretch the abdominals.

D. Adductor stretch, (inside this muscle) standing

In the standing position, lift one leg to the side. Bend the knee of the weight bearing leg, keeping the back straight to feel a stretch on the inside of the straight leg.

Strength and Balance Exercises:

1. Hip adduction with lumbar spine rotation.
2. Hip extension.
3. Isometric kicking.
4. Hip flexion.
5. Hip adduction.
6. Kicking.

Progression of Exercises:

Your therapist will advise you on the speed you should progress with your exercises. Progression is not just about being able to do the exercise but to do it correctly, with appropriate control. If at any time you feel pain or discomfort, stop the exercises and consult your therapist.