

Groin Strain

Advice and treatment

A groin strain is a term used to describe pain in the inner thigh or hip, due to over use or over stretching the hip.

The following advice and exercises may help you manage your groin strain.

If you have further pain, please contact your GP for further information.

Signs and symptoms

Groin strains usually occur whilst playing sports involving sudden changes of direction, twisting, turning and kicking, but can also occur by simply slipping on a wet surface.

Symptoms may include:

- Pain and tenderness in the groin and inside thigh area
- Pain from quick or strong movements to your leg
- Pain when you raise your knee or climb the stairs
- Groin may be warm to touch
- Bruising or swelling in the groin area or inside the thigh

You can find out more about sprains and strains – including causes, symptoms and treatment suggestions – from the NHS website

Visit NHS website [nhs.uk/conditions/sprains-and-strains/](https://www.nhs.uk/conditions/sprains-and-strains/)

Treating groin strains

Follow the P.O.L.I.C.E approach in the first 48-72 hours

- **P**rotection – Rest the injured area. When ready, you can start gentle motion while protecting the area. You may need an assistive device, like crutches, to walk in the short term
- **O**ptimal **L**oading – Doing gentle progressive movements after your injury can promote optimal healing, and prevent delays in returning to normal due to joint and muscle tightness or atrophy
- **I**cing the area – Wrap a bag of frozen peas in a damp towel and apply to the area for 15-20 minutes at a time, every 2-3 hours
- **C**ompressing the area – With a simple elastic bandage or elasticated tubular bandage, which should be snug but not tight
- **E**levate your foot whilst resting – Ideally at least to the same level as your hip

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Exercises

Before completing these exercises, please read the other page for advice on what to do in the first 48-72 hours of your injury.

After 48-72 hours try to complete some gentle exercise. These can be performed with some pain, however if too painful reduce the number or frequency of the exercises or stop and seek advice.

Isometric adductor ball squeeze

Lie on your back with your legs bent and a football between your knees. Squeeze your knees together and hold the contraction.

Hold for 30 secs, and rest for 5-10 seconds then repeat 10 times.



Bridge with adductor ball squeeze

Same position described above, squeezing the ball between the knees, lift the bottom off the floor through pushing down through the feet and maintaining squeeze of the ball. Hold in the air for 10 secs and slowly lower.

Perform 6-8 times, two to three times a day.



Side lying leg lifts

Lying on your affected side with your top leg bent and resting on the floor, raise your bottom leg as far as you can.

Hold for 5 seconds, lower and repeat 10-12 times, two to three times a day.



Standing resistance band hip adduction

Attach a length of resistance band to a fixed object and loop around your ankle. While standing on the edge of a small step with your leg out to the side, pull your leg to touch your knees together. Slowly return to the start position and repeat.

Perform 10-12 times, two to three times a day.



If you're still having difficulties walking or your symptoms do not start to improve 5 to 7 days after your injury, please contact your GP for further advice

This leaflet is intended to support the advice you've received from your GP and Physiotherapist. If your symptoms don't improve within 6-8 weeks, please contact them.

The exercise diagrams have been created by The Rehab Lab.

Visit Rehab Lab website TheRehabLab.com/

How to contact us

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