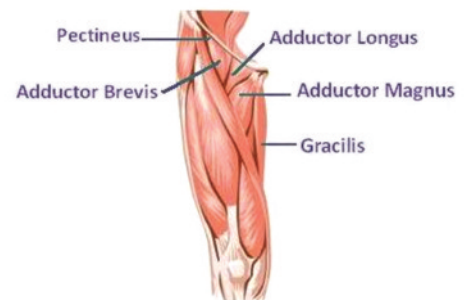


# Groin Strain

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## What should I expect?

Groin pain generally occurs in sports involving twisting, turning, changing direction and kicking. This pain can arise from the structures in the groin such as adductor muscles, tendons and bursae, although most commonly groin strain occurs due to the adductor longus muscle being affected. Localised pain however is a good indication of what structure is involved.



## What symptoms may you experience?

- Pain and tenderness in the groin area and inside your thigh
- Pain when you bring your legs together
- Pain when you raise your knee
- Groin may be warm to touch
- Bruising or swelling in the groin area or inside the thigh

## What can you do to help your groin pain?

### In the first 48 hours it may be useful to:

**Rest:** Avoid aggravating activities and overstretching your muscles. Usually after 48 hours you can gently start completing some range of movement exercises and gentle strengthening as your pain allows.

**Ice:** This may help ease any swelling and pain you might be experiencing. Apply ice for 10 minutes and make sure that there is something between your skin and the ice to help avoid ice burns. (A bag of frozen peas in a small towel works well). **Do not use if you have any impairment of your skin sensation.**

**Compression:** Compression can help if swelling has occurred.

**Elevation:** Try to raise the leg in a comfortable position to allow the swelling to drain.

**Medication:** Medications can be taken to help reduce your pain. Ask your GP or pharmacist for advice.

### After 48 hours:

As your pain allows, try to complete some gentle range of movement exercises and gradually increase your strength (see below). Avoid overstretching as this may lead to a tendinopathy.

### What exercises can I do?

These can be completed 48 hours after your symptoms have started. They allow you to gradually increase your movement as well as gently strengthen the muscles.

Try to complete 10 of each exercise although this may be difficult at first.



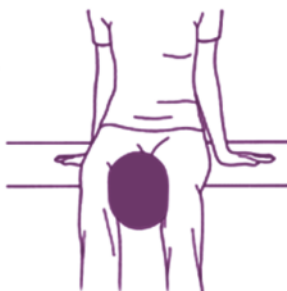
Lying on your back. Bring your leg out to the side and then back to mid position.



Lying on your back. Bend and straighten your leg.



Lying on your side supporting yourself on your elbow. Roll top hip slightly forward, use top arm to support yourself in front. Keeping top leg straight lift it up towards the ceiling. Make sure the leg stays in line with your body and toes point forwards.



Sitting. Place a ball/towel between your knees. Squeeze the ball/towel. Holding for 5 seconds.



Lying on your back with one leg straight and the other leg bent. Exercise your straight leg by pulling the toes up, straightening the knee and lifting the leg 20 cm off the bed. Hold approx 5 secs. - slowly relax.



Sitting on a chair. Lift your leg up off the seat keeping the knee bent. Hold for 5 seconds. Return to starting position.

If you feel the exercises are making your pain worse, reduce the number or frequency of the exercises or stop and seek advice.

Physiotherapy may be helpful if the symptoms are not settling with the above advice.

**Ask your GP for further information regarding this.**