Exercises for groin strain rehabilitation

When following PRICE it is also important to avoid HARM, hence the saying: ‘Give PRICE and avoid HARM.’

**AVOID**
- H – Heat (eg. hot bath, sauna)
- A – Alcohol
- R – Running
- M – Massage

these are counter-productive to PRICE treatment

**USEFUL RESOURCES**
- SportEX Medicine magazine
  www.sportex.net
- The Organisation of Chartered Physiotherapists in Private Practice -
  www.physiofirst.org.uk
- General Osteopathic Council
  www.osteopathy.org.uk
- The Sports Massage Association
  www.thesma.org
- The Osteopathic Sports Care Association
  www.osca.org.uk

**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 the 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.

Warm-up exercises

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>2 mins</td>
<td>Brisk walk/jog with ball across pitch, alternating touches on left and right feet</td>
</tr>
<tr>
<td>2 mins</td>
<td>Continue to jog/walk briskly with ball, introducing stretch exercises A and B</td>
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<tr>
<td>2 mins</td>
<td>Jog sideways with ball, alternating left and right leg lead</td>
</tr>
<tr>
<td>2 mins</td>
<td>Continue to jog with ball, introducing stretch exercises C and D</td>
</tr>
<tr>
<td>2 mins</td>
<td>Jog sideways rolling foot over ball, alternating left and right foot</td>
</tr>
<tr>
<td>2 mins</td>
<td>Continue jog with ball, interspersed with A-D stretching exercises</td>
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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 your hips/pelvis on the floor, extend both arms to stretch the abdominals

D Adductor stretch, (inside thigh muscles) 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

Progression speed
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.

Table of strengthening and balance exercises

1) In the lying position, place a ball between your knees and rotate legs from side to side. Repeat 10 times to each side

2) Using rubber tubing fastened to your ankle, extend your leg backwards (hip extension) and control the return movement to the starting position. Repeat 10-20 times per leg (see Ex.2)

3) While standing, place a ball against the wall. Push your leg into the ball with the leg turned out. Hold this contraction for 10 seconds (see Ex.3). Repeat 10 times per leg

4) Take up a press-up position and bend alternate legs up to your hands. Repeat 10 times per leg with a rest period between each. To increase the difficulty of this exercise place your hands on a ball so you are balancing with your head over the ball (see Ex.4).

5) In the lying position, place a ball between the feet and tighten the inside thigh muscles. Hold this contraction for 10 seconds (see Ex.5). Repeat 10 times.

6) In the standing position, place rubber tubing around your ankle, fastening the other end behind you to a fixed object. Simulate a slow kicking action across the body. Repeat 10-20 times on each leg.

7) In the standing position, place one foot on top of the ball. Perform 10 toe touches alternating feet. This requires a quick adjustment of the weight bearing leg with the one controlling the ball