

YOUR REHABILITATION PROGRAMME

This programme has specific exercises to stretch tight muscles, improve flexibility and strengthen the structures 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. This leaflet includes exercises to help your rehabilitation. Some exercises include the use of a football, this is voluntary and the exercises could be done without the football if preferred.

RESOURCES

- NHS Direct (UK) - 24 hour telephone or web based help and advice service. Tel. 0845 4647 or visit www.nhsdirect.nhs.uk
- Chartered Society of Physiotherapy - Find a physiotherapist service www.csp.org.uk

- General Osteopathic Council - Find an osteopath service www.osteopathy.org.uk
- British Chiropractic Association - Find a chiropractor service www.chiropractic-uk.co.uk

CONTACT DETAILS

OTHER INFORMATION

WHO IS SPORTEX

We specialise in producing information for medical, health and exercise professionals on the subject of exercise, health and musculoskeletal injury. This includes subscription publications for practitioners and advice handouts for the public. All our material is written and reviewed by leading medical professionals. For more information visit www.sportex.net or telephone +44 (0)845 652 1906.



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Exercises for groin strain rehabilitation



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 (not shown) which add further pulling forces to the pelvis.

The most common cause of groin pain in soccer players is strain of the adductor muscles of the leg at the point where the tendon and muscle joins.

WARM UP AND WARM DOWN

When injured it is particularly important that you warm up with a fast walk or a gentle jog at a pain free pace for 5 minutes before you start your

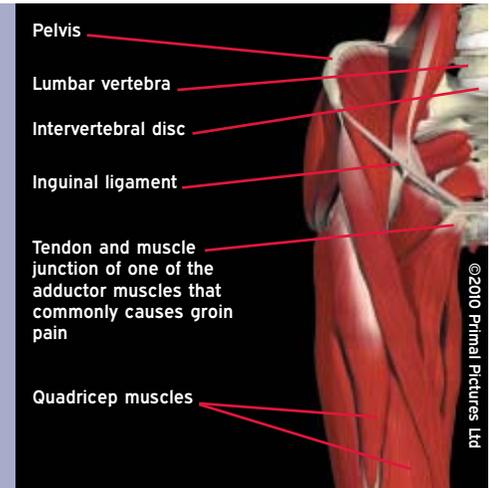


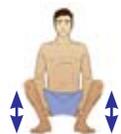
Diagram showing the pelvis and thigh along with some of the muscles attached to each

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 or jog for 5 minutes.

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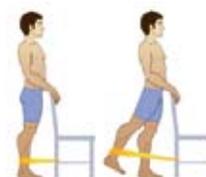
STRETCHING AND STRENGTHENING EXERCISES



ADDUCTOR MUSCLE STRETCH 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 gently push the legs out sideways and increase range of flexibility. Hold for 20 seconds. Repeat 3 times.

SETS	REPS
	3



HAMSTRING STRENGTHENING

Using rubber tubing fastened to your ankle, extend your leg backwards (hip extension) and control the return movement to the starting position. Repeat on the other leg.

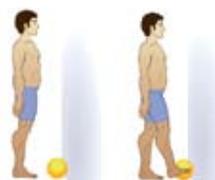
SETS	REPS
2	10-20



ADDUCTOR STRETCH SITTING POSITION

In the sitting position place the soles of both feet together. Grasp both ankles and lean forward keeping a straight back to feel the stretch in the inside of your thighs. Hold for 20 seconds. Repeat 3 times.

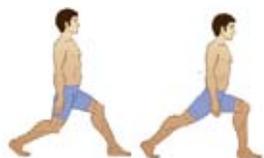
SETS	REPS
	3



ADDUCTOR STRENGTHENING

While standing, place a ball against the wall and push your leg into the ball with the leg turned out. Hold this contraction for 10 seconds and repeat 5 times on each leg.

SETS	REPS
	5



GROIN STRETCH

Step forward keeping your back leg straight. Bend the front knee leaning forward until you feel a stretch in your groin. Try and keep an angle of around 90° on your front knee. Hold for 20 seconds. Repeat 3 times on each leg.

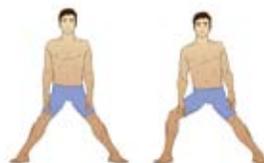
SETS	REPS
	3



CORE STABILITY EXERCISE

Take up a press-up position and bend alternate legs up to your hands. Repeat on the other 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.

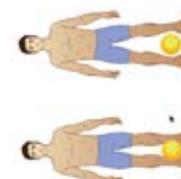
SETS	REPS
1	10



ADDUCTOR STRETCH STANDING

In the standing position, place 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. Hold for 20 seconds. Repeat 3 times on each leg.

SETS	REPS
	3



ADDUCTOR STRENGTHENING WITH BALL

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

SETS	REPS
	5