

Groin Strain Exercises



After resting for about 2-3 days after your injury, try these stretches as soon as you can tolerate them.

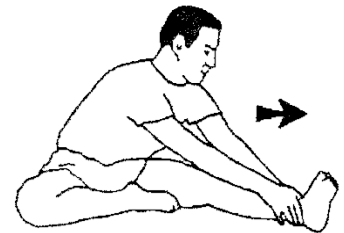
Hip Adductor Stretch

- Lying on your back with your knees bent and feet flat on the floor, gently spread your knees apart until you feel the stretch inside your hips.
- Gently take the stretch barely to the point of pain, holding it there for about 30 seconds.
- Move your knees and hips back to the starting position, relax, and take a deep breath. This is one repetition.
- Do at least 2 sets of 3 repetitions a day



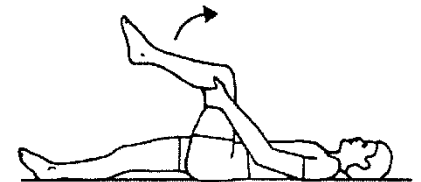
Sitting Hamstring Stretch

- With the knee kept straight lean forward reaching for your foot feeling the stretch in the back of the thigh. You may feel some discomfort, but there should be no sharp pains.
- Hold this position for 15-20 seconds. Then, slowly relax and return to the starting position. This is one repetition.
- Do at least 2 sets of 5 repetitions on each leg every day. .



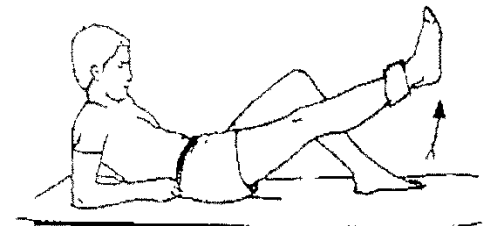
Active Hamstring Stretch

- Lie on your back and bring the thigh up to a perpendicular position holding it with your hands.
- Slowly straighten the knee by contracting the quads and feel the stretch in the back of the thigh.
- Hold for 15-20 seconds and repeat 5 repetitions 2 times a day.



Straight Leg Raise

- Lying on your back with your hips and knees straightened, contract the muscles in the front of the thigh you are planning to strengthen, lifting the heel about 8 inches off the floor.
- Hold this position for 15-30 seconds, keeping the thigh muscles tight.
- Then, slowly relax and lower the leg back to the floor.
- Repeat on the other side. This is one repetition.
- Do at least 3 sets of 10 repetitions a day.



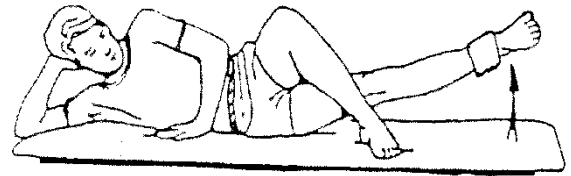
*If you have any problems or questions,
please call your doctor's office (8am-5pm).*

Answering service for after hours.

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Side-Lying Leg Raise

- Lying on the side you want to exercise (bottom), bend the other (top) knee and place its foot in front of the leg you are going to strengthen. Keep the bottom leg straight.
- Contract the muscles on the inside of the bottom thigh, raising the bottom leg off the floor, as far as you can go without pain.
- Hold this position for 5-10 seconds, keeping the thigh muscles tight.
- Then, slowly relax and lower the leg back to the floor. This is one repetition.
- Do at least 3 sets of 10 repetitions on each leg every day.



Excerpted from the premier patient guide to sports injuries, *100 Questions & Answers About Your Sports Injury*. Howard TM, **Ho GWK**, Lewis J. 100 Questions & Answers About Your Sports Injury. Sudbury: Jones and Bartlett Publishers 2008.