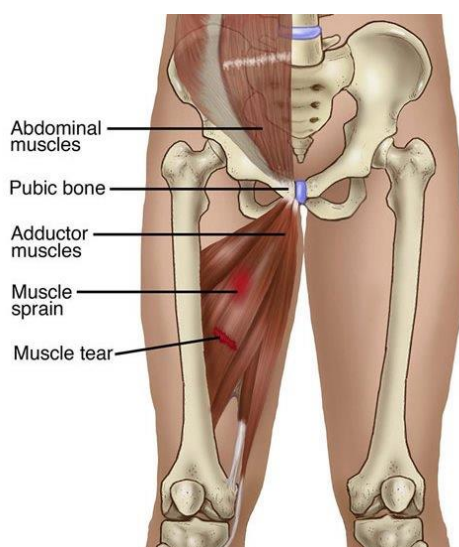


Groin strain

What is a groin strain?

Groin strains commonly occur with activities that involve twisting, turning, changing direction or kicking. Strains most often affect the adductor muscles (inside of the thigh) but can affect other muscles including the abdominals.



What are the symptoms of a groin strain?

- Pain and tenderness in the groin area and inside your thigh
- Pain when you bring your legs together or raise your knee
- Groin may be warm to the touch
- Bruising or swelling in the groin area
- If the abdominal muscles are involved the pain can be made worse with coughing or sneezing

How is it diagnosed?

Diagnosis is made from your symptoms, the history of the problem, and an examination of your hip. Tests, such as X-rays or scans, are not usually required.

How is it treated?

- **Pain relief:** over the counter pain relief such as paracetamol and ibuprofen or anti-inflammatory gels may help you to continue exercising.
- **Cold/Heat:** wrap a cold pack/heat pad in a towel and place against the area for 15-20 minutes. You may feel using a cold pack in the initial stages (first two days) maybe more beneficial than heat. However after two days heat may give a better relaxation feeling to the muscles.
- **Activity modification:** try to keep your leg moving within the limits of pain. Avoid sports or heavy lifting until you have less discomfort and improved hip movement. Go up stairs leading with the unaffected leg
- **Exercises:** to improve strength and flexibility

If you follow the advice and exercises on this leaflet, it is very likely that your symptoms will improve. However, this may take up to 12 weeks. If your symptoms do not improve after this period, please contact your clinician.

You may experience an initial increase in pain with these exercises. Do not worry, just do less repetitions next time and then gradually build up again. Your physiotherapist will guide you as to how many repetitions to do.



Bring your leg out to the side and then back to the start position.

Progress to complete the exercise in standing when able.



Lying with your knees bent and feet on the floor. Tighten tummy & turn the soles of your feet to face each other. Let your knees slowly fall outwards. Feel the stretch in your groin. Return to start position



Lying on your back with a ball between your knees. Squeeze the ball with your knees. Progress to lifting your bottom off the floor as you squeeze the ball.



Stand facing a small step. Step up and down on each leg.

Progress with a higher step and then to a forward lunge (no step) as pain/ control improves.

References:

<https://www.crd.york.ac.uk/crdweb/ShowRecord.asp?LinkFrom=OAI&ID=12012052445&LinkFrom=OAI&ID=12012052445>

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