



PLAYING MY BEST
SPORTS
 DISCOVER YOUR ELITE ATHLETE

ABDOMINAL STRAIN

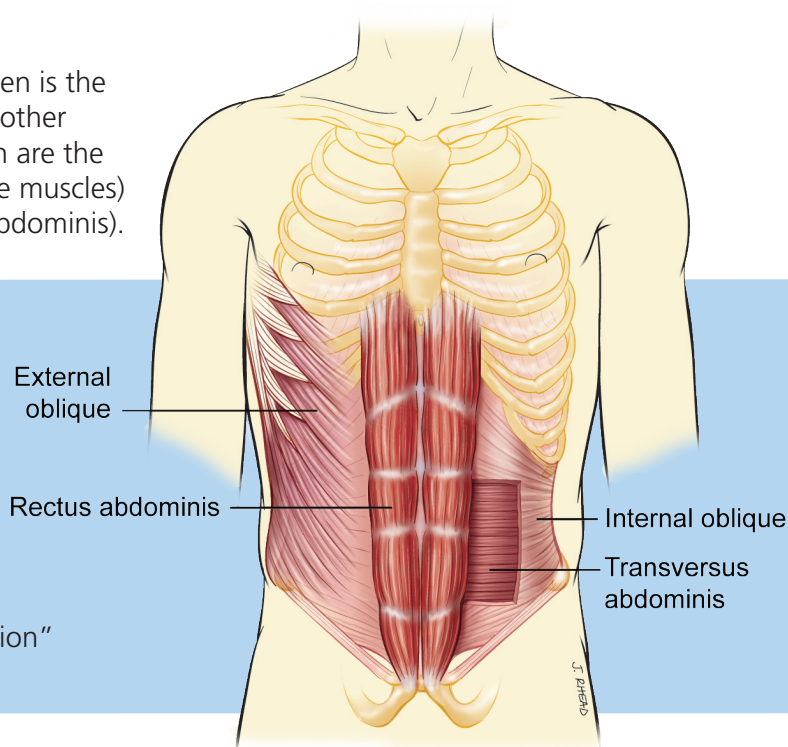
The abdominal muscles connect the ribs and chest to the hips. These muscles act as prime stabilizers for the trunk and are involved in many body movements. These muscles aid in protecting the internal organs that are housed in the abdominal cavity.

The most commonly injured muscle in the abdomen is the rectus abdominis, although it is possible to injure other abdominal muscles. The muscles of the abdomen are the rectus abdominis (six-pack muscles), obliques (side muscles) and the transverse abdominis (under the rectus abdominis).

WHO IS MOST AT RISK?

- Weight lifters
- Throwers
- Volleyball players
- Gymnasts
- Wrestlers
- Pole vaulters
- Soccer players

The injury usually occurs in a “reaching position” with arms and legs fully extended.



SIGNS AND SYMPTOMS

- Sudden, sharp pain over the abdomen
- Painful movement of the trunk
- Pain with coughing or sneezing

TREATMENT

- Ice (See RICE handout) for 72 hours, then heat
- Gentle stretching
- May need Physical Therapy for local treatment over injury site



Official Sports Medicine and Performance Enhancement Provider to Utah Youth Soccer and Rocky Mountain School of Baseball

FOR A FREE INJURY ASSESSMENT APPOINTMENT CALL 801-314-2300

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