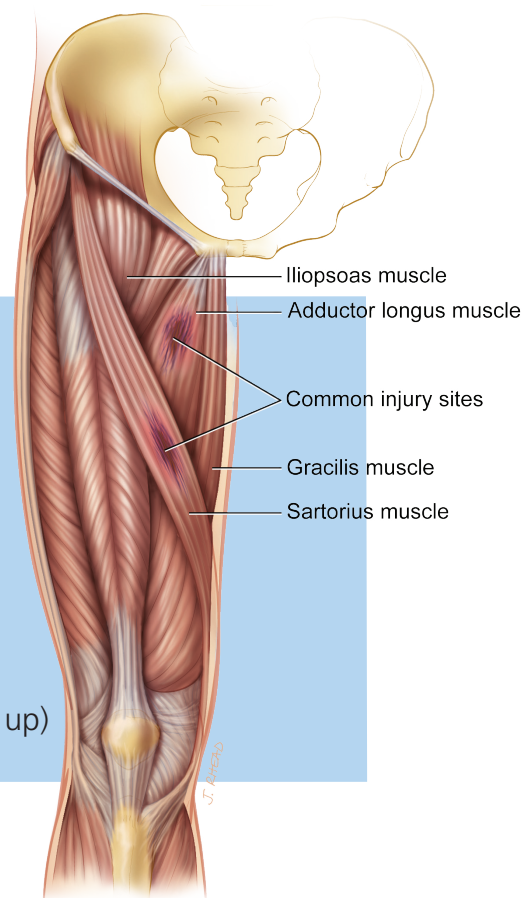




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## GROIN STRAIN

The groin muscles (adductors) are used to pull your legs together. A groin strain can occur with activities involving jumping, running, kicking, pushing off, changing direction or twisting. The injury can become chronic (painful for a long period of time) if not rehabilitated properly. Groin pain can also be attributed to avulsion fractures (tendon pulls off a piece of bone) and requires x-ray diagnosis.



### FACTORS THAT CONTRIBUTE TO INJURY

- Most groin injuries are the result of quick starts and/or stops, side-to-side motions, or quick changes in direction, all of which are required movements for passing, shooting, and defending.
- Usually happen early in the season at the end of practice
- Slipping on wet grass or a slick court
- Inadequate warm-up (such as kicking and shooting prior to warm up)

### SIGNS AND SYMPTOMS

- Pain with movement of the thigh or hip (leg moving toward the opposite leg or away from the body)
- Muscle spasm or swelling of the inner thigh
- Loss of strength
- Painful to apply pressure to the inner thigh



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## TREATMENT

- RICE (see RICE handout)
- Gentle stretching of inner thigh
- Ace wrap to injured thigh
- Gradual strengthening and return to sport slowly

Inner Thigh Stretch



Inner Thigh Stretch



Hold stretch for 20-30 seconds. Do 3-5 reps. Repeat 3 times per day

