

GROIN STRAIN REHABILITATION EXERCISES

Begin stretching your groin muscles as soon as you can tolerate a stretch to that area.

1. HIP ADDUCTOR STRETCH: Lie on your back, bend your knees, and put your feet flat on the floor. Gently spread your knees apart, stretching the muscles on the inside of your thigh. Hold this for 15 to 30 seconds. Repeat 3 times.



HIP ADDUCTOR STRETCH

2. HAMSTRING STRETCH ON WALL: Lie on your back with your buttocks close to a doorway, and extend your legs straight out in front of you along the floor. Raise one leg and rest it against the wall next to the door frame. Your other leg should extend through the doorway. You should feel a stretch in the back of your thigh. Hold this position for 15 to 30 seconds. Repeat 3 times.



HAMSTRING STRETCH ON WALL

You may do the next 2 exercises when the pain in the groin muscles decreases.

3. SIDE-LYING LEG LIFT (CROSS OVER): Lie on your side with your top leg bent and that foot placed in front of the bottom leg. Keep your bottom leg straight. Raise your bottom leg as far as you can comfortably and hold it for 5 seconds. Keep your hips still while you are lifting your leg. Hold this position for 5 seconds and then slowly lower your leg. Do 3 sets of 10.



SIDE-LYING LEG LIFT (CROSS OVER)

7. RESISTED HIP ABDUCTION:

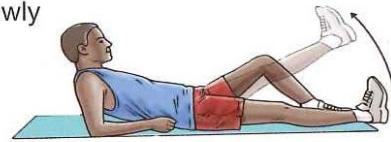
Stand sideways near a doorway. Tie elastic tubing around the ankle on your leg which is away from the door. Knot the other end of the tubing and close the knot in the door. Extend your leg out to the side, keeping your knee straight. Return to the starting position. Do 3 sets of 10.



RESISTED HIP ABDUCTION

To challenge yourself, move farther away from the door.

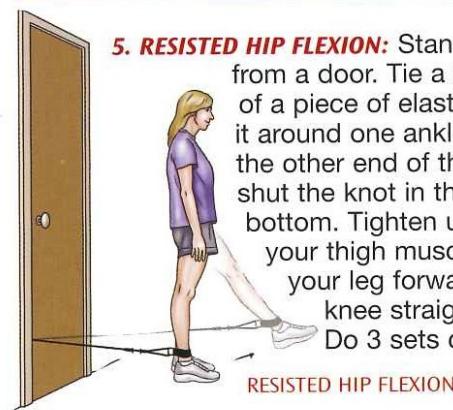
4. STRAIGHT LEG RAISE: Lie on your back with your legs straight out in front of you. Bend one knee and place the foot flat on the floor. Tighten up the top of your thigh muscle on the opposite leg and lift that leg about 8 inches off the floor, keeping the thigh muscle tight throughout. Slowly lower your leg back down to the floor. Do 3 sets of 10 on each side.



STRAIGHT LEG RAISE

When the leg lifts become easy, it is time to start strengthening your thigh muscles and groin muscles using the elastic tubing exercises.

5. RESISTED HIP FLEXION: Stand facing away from a door. Tie a loop in one end of a piece of elastic tubing and put it around one ankle. Tie a knot in the other end of the tubing and shut the knot in the door near the bottom. Tighten up the front of your thigh muscle and bring your leg forward, keeping your knee straight. Do 3 sets of 10.



RESISTED HIP FLEXION

6. RESISTED HIP EXTENSION:

Stand facing a door with elastic tubing tied around one ankle. Knot the other end of the tubing and shut the knot in the door. Pull your leg straight back, keeping your knee straight. Make sure you do not lean forward. Do 3 sets of 10.



RESISTED HIP EXTENSION

8. RESISTED HIP ADDUCTION:

Stand sideways next to a door. Tie a loop in one end of the tubing and slip the loop around the ankle of your leg which is closest to the door. Make a knot in the other end of the tubing and close the knot in a door. Bring your leg with the tubing across your body sideways, crossing over your other leg and stretching the tubing. Return to the starting position. Do 3 sets of 10.



RESISTED HIP ADDUCTION