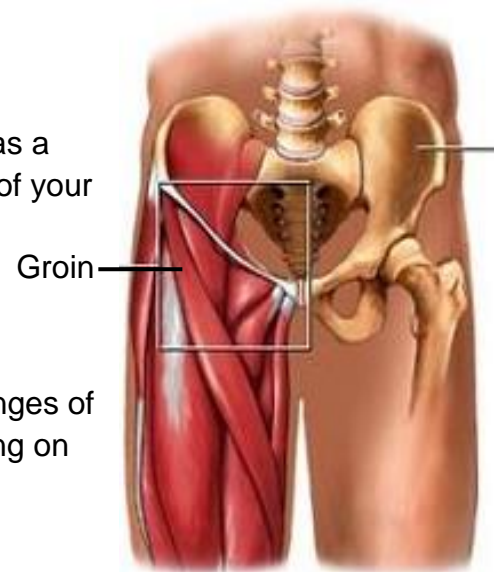


Self Help for Groin Strain

Information for patients

What is a groin strain?

A groin strain is a pain in the groin/inner thigh area which occurs as a result of overstretching one of the muscles/tendons on the inside of your thigh.



How does it occur?

Groin strains usually occur in activities which include sudden changes of direction whilst playing sports, but can also occur by simply slipping on a wet surface or during day to day activity.

Symptoms

- Pain in the groin
- Tenderness to touch
- Bruising or swelling (this does not always occur)
- Pain when squeezing your knees together

Prognosis/Outlook

Typically your symptoms should resolve within six to eight weeks of the initial onset with the correct management.

Management




0-48 hours:

- Pain relieving medications (discuss with your pharmacist if you are unsure)
- Keep moving as pain allows
- Ice for 20 minutes at a time, three to four times per day

48 hours+:

- Try to return to your normal activities
- Do not consider returning to sport until you are able to complete your daily activities with minimal discomfort
- Begin the exercises detailed on page 2 and 3

Exercises (To begin from 48hours+)

Diagram	Explanation
	<p>To stretch the muscles on the inside of your groin. Keep your feet facing forward.</p> <p>Shift your body weight away from the side you are stretching and bend the knee on the non-painful side. You will feel the stretch on the inside of your groin.</p> <p>Hold the stretch for 30 seconds.</p> <p>Avoid this exercise early in the initial 48 hours. If the exercise is too painful, then do not complete the exercise.</p>
	<p>Sitting on a chair complete the ball squeeze exercise by bending the knees and place the feet flat on the floor. Place a ball or cushion between the knees and press inwards. Hold for count of five, relax and repeat 10 times initially.</p> <p>Build up to three sets of 10 once a day. To work different parts of the groin muscle, a much larger gym ball can be used.</p> <p>Progress this exercise if required by holding the contractions for up to 10 seconds a time.</p>
	<p>To complete the sumo squat exercise, rotate your feet outwards slightly to 10 and 2 o'clock positions.</p> <p>Slowly drop down into a squat, as pain allows, and then slowly push back up.</p> <p>Complete between 8-12 repetitions.</p>

Frequently Asked Questions

When can I return to sport?

Once you are able to move your hip with no pain and have followed the management advice above then you can consider slowly reintroducing yourself into sport. If you return to sport too soon you could potentially reinjure yourself.

What medication/gels should I use?

Painkillers can allow you to keep moving. However, it is important to discuss this with your GP, especially if you are taking any other medication.

When is it safe to drive?

As soon as you feel comfortable and able to perform an emergency stop/manoeuvres.

When can I return to work?

As soon as you feel comfortable and able. Office based workers may find it easier to return to work sooner than someone who may be on their feet for long periods.

What should I do if my groin does not settle?

If your symptoms persist for six to eight weeks after following the advice in this leaflet, please complete a physiotherapy self-referral form from your local GP reception.

This information is available in audio, Braille, large print and other languages. To request a copy, please ask a member of staff.

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