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Groin Strain Rehabilitation Exercises

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

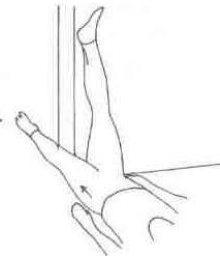
1. Hip adductor stretch: Lie on your back, bend your knees, and put your feet flat on the floor. Gently spread your knees apart, stretching the muscles on the inside of your thigh. Hold this for 20 seconds. Repeat 3 times.



Hip adductor stretch

You may do exercises 2 and 3 when the pain in the groin muscles decreases.

2. Hamstring stretch: 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 the injured leg up and rest it against the wall next to the door frame. Hold this position for 30 to 60 seconds. You will feel a stretch in the back of your thigh. Repeat 3 times.



Hamstring stretch

3. Sidelying leg raises:

A. Injured side down: Lie on your injured side. Bend your uninjured leg over your injured leg so that the foot of your uninjured leg is flat on the floor in front of the knee of your injured leg. Tighten the muscles on the front of the thigh of the injured leg and lift that leg 8 to 10 inches off the floor, keeping your knee straight. Slowly lower your leg to the floor. Repeat 10 times. Do 3 sets of 10.

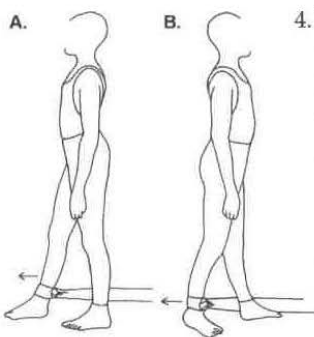


B. Injured side up: Lying on your uninjured side, tighten the front thigh muscles on your injured leg and lift that leg 8 to 10 inches away from the other leg. Keep the leg straight. Repeat 10 times. Do 3 sets of 10.



Sidelying leg raises

When the sidelying leg raises become easy, it is time to start strengthening your thigh muscles and groin muscles using the Thera-Band exercises.



4. Resisted hip strengthening exercises: Tie a loop in one end of the Thera-Band and slip the loop around the ankle of your injured leg. Make a knot in the other end of the tubing and close the knot in a door.

A. Hip flexion: Stand facing away from the door. Tighten the muscles at the top of your thigh and bring your leg forward away from the door, keeping your knee straight. Return to the starting position. Repeat 10 times. Do 3 sets of 10.

B. Hip extension: Face the door. Tighten your thigh muscles and pull your leg straight backward. Return to the starting position. Repeat 10 times. Do 3 sets of 10.

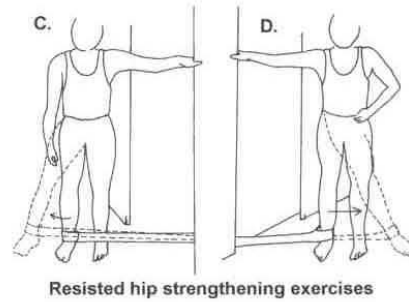
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- C. Hip abduction: Stand sideways to the door, with your injured leg away from the door. Tighten your thigh muscles and extend your leg out to the side. Return to the starting position. Repeat 10 times. Do 3 sets of 10.
- D. Hip adduction: Stand sideways to the door, with your uninjured leg away from the door. Bring your injured leg across your body sideways, crossing over your uninjured leg and stretching the Thera-Band. Return to the starting position. Repeat 10 times. Do 3 sets of 10.



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