

#### CLINIC SERVICES:

- Back Pelvis and Lower Limb Injuries
- Hip, Knee and Ankle Injuries
- Sport and Dance Injuries
- Work injuries
- "Hands on" Treatment
- Exercise Based Approach
- Massage Therapy
- Pilates
- Sports Orthotics

#### CLINIC HOURS

Monday	9am - 6pm
Tuesday	9am - 6pm
Wednesday	9am - 6pm
Thursday	9am - 6pm
Friday	9am - 6pm

## Groin Strain

A groin strain is a relatively common condition characterized by tearing of some or all of the groin muscles. The muscles at the inner aspect of your thigh are known as the adductor muscles (groin). These muscles originate from the pelvis and insert into the inner aspect of the thigh and lower leg bones.

The groin muscles are responsible for stabilising the pelvis and moving the leg towards the midline of the body. They are particularly active during running and kicking. A groin strain commonly occurs due to a sudden contraction of the groin muscles often when they are in a position of stretch.

This typically occurs during rapid acceleration whilst running, particularly when changing direction or when a footballer performs a long kick. They are commonly seen in running sports such as football, hockey and athletics (particularly sprinters, hurdlers, and long jumpers) as well as skiing, horse riding and gymnastics. Groin strains tend to occur more commonly in the older athlete and particularly following an inadequate warm-up. Groin strains range from a grade 1 to a grade 3 strain and are classified as follows:

- **Grade 1:** a small number of muscle fibres are torn resulting in some pain but allowing full function.
- **Grade 2:** a significant number of muscle fibres are torn with moderate loss of function.
- **Grade 3:** all muscle fibres are ruptured resulting in major loss of function.

Treatment and management strategies implemented for a groin strain are very important as this is an injury that may become



chronic if not managed appropriately. Some modalities that your physio may include in treatment for this condition include:

- Soft tissue mobilisation
- Stretching
- Muscle energy techniques
- Thermal therapies
- Biomechanical correction / corrective exercises
- Strengthening exercises
- Clinical Pilates
- Injury education
- Advice on Anti-inflammatory medications
- Dry needling

Physiotherapy for patients with this condition is vital to hasten the healing process, ensure an optimal outcome and reduce the likelihood of future recurrence.

With appropriate management, patients with minor groin strains can usually recover in one to three weeks. With larger tears, recovery may take four to six weeks or longer, depending on the severity.

## S-T-R-E-T-C-H Of The Month

### Groin Stretch

1. Sit up tall
2. Place your heels together
3. Let your knees drop out to your sides
4. Pull your feet towards your groin
5. You should feel a stretch in the insides of your thighs
6. Hold 20 seconds
7. Repeat 10 times



## TOWARDS WELLNESS

### Good friends contribute to your health and well-being

Spending time with friends is fun, but it may also yield a multitude of long-term physical and emotional health benefits. Studies show that healthy relationships make aging more enjoyable, lessen grief, and provide camaraderie to help you reach personal goals, among other things. Maintaining positive relationships should rank up there with healthy eating and exercise as a necessary investment in your health.

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