

Groin (Adductor) Strain

Home exercise program

A groin strain is an injury to the inner thigh muscles, common in hockey, soccer, and skating. Strengthening these muscles is the best treatment, and it also helps prevent the strain from happening again.

- Walk normally as soon as you can.
- No hard stretching of the inner thigh early on.
- No sprinting, kicking, or hard skating until the Copenhagen plank is pain-free.
- Do the exercises once a day, 5 days a week.

Pain guide: Mild discomfort up to 3 out of 10 is OK during exercise. It should settle back to your usual level by the next morning. If it doesn't, do less next time.

EARLY Week 0 to 2



Inner Thigh Squeeze

Lie on your back, knees bent, with a ball or pillow between your knees. Squeeze and hold, then relax.

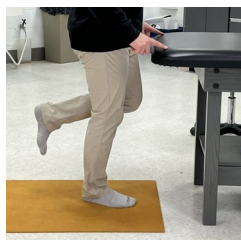
Do: Hold 5 seconds, 10 reps. Build to 30-second holds



Bridge

Lie on your back, knees bent, feet flat. Squeeze your buttocks and lift your hips until you are straight from shoulders to knees. Hold 3 seconds, lower slowly.

Do: 10 reps x 2 sets



Single-Leg Balance

Stand next to a counter and lift one foot. Balance as long as you can, touching the counter only if you need to.

Do: 30 seconds, 3 times each side

Harder: close your eyes or stand on a pillow.

LATER When squeezes are pain-free

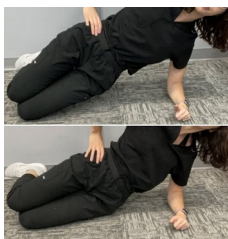


Copenhagen Plank (Short)

Lie on your side with your top knee on a bench or couch seat. Lift your hips and bottom leg so your body is straight. Hold, then lower.

Do: Hold 10 to 20 seconds, 3 times each side

Start when the inner-thigh squeeze is pain-free.



Side Plank from Knees

Lie on your side on your elbow, knees bent. Lift your hips so you are straight from shoulders to knees. Hold.

Do: Hold 20 seconds, 3 times each side. Build to 45 seconds



Side Band Walk

Put a loop band around your ankles or above your knees. Bend your knees slightly and step sideways, keeping the band tight.

Do: 10 steps each way, 3 times



Split Squat

Stand with one foot forward and one back. Lower your back knee toward the floor, front knee over your ankle. Push back up.

Do: 8 slow reps x 3 sets, each side

This program is a guide. Stop any exercise that causes sharp pain and let us know. Questions? Call (425) 656-5060.