

Step	Detail	✓
1 (Phase 1)	<p><b>Treatment</b> - Apply ice or cold therapy every 1 to 2 hours for 10 to 15 minutes. Wear a compression support all the time.</p> <p><b>Exercises</b> - No stretching and no exercises. Rest only and put your feet up.</p> <p><b>Move on</b> - When normal daily activities are pain free.</p>	
2 (Phase 2)	<p><b>Treatment</b> - Ice 3 x per day for 10 to 15 minutes. Wear a compression support or wrap around groin support. Rest, no exercises or stretching.</p> <p><b>Stretching</b> - Very gentle stretching if not painful. Short adductors, long adductors and hip flexor.</p> <p><b>Move on</b> - When gentle static stretching is not painful.</p>	
3	<p><b>Treatment</b> - Ice or cold therapy 3 x a day for 10 to 15 minutes. Wear a compression support.</p> <p><b>Stretching</b> - Gentle static stretches, hold for 10 secs and relax. Short adductor stretch. Long adductor stretch. Hip flexor stretch.</p> <p><b>Exercises</b> - Very gentle static ball squeeze bent knees. Hold for count of the and relax. Repeat for 10 reps.</p> <p><b>Move on</b> - When static ball squeeze exercises can be done pain free.</p>	
4	<p><b>Treatment</b> - Apply ice 2 to 3 times a day and after exercises.</p> <p><b>Stretching</b> - Gentle static stretches between exercises sets.</p> <p><b>Exercises</b> - Hip adduction 1 x 10 reps. Hip flexion 1 x 10 reps. Ball squeeze 1 x 10 reps.</p> <p><b>Move on</b> - When the above exercises are done pain free and there is no significant soreness the following day.</p>	
5	<p><b>Treatment</b> - Apply ice 2 to 3 times a day and after exercises.</p> <p><b>Stretching</b> - Gentle static stretches between exercises sets.</p> <p><b>Exercises</b> - Hip adduction 2 x 10 reps. Hip flexion 2 x 10 reps. Ball squeeze 2 x 10 reps. Adduction with rotation 2 x 10 reps. Abduction 2 x 8.</p> <p><b>Move on</b> - When the exercises above have been done for two consecutive days, are pain free and easy to complete.</p>	
6	<p><b>Treatment</b> - Ice 2 to 3 x per day and after exercises.</p> <p><b>Stretching</b> - Gentle static stretching between exercises.</p> <p><b>Exercises</b> - Hip adduction 3 x 10 reps. Hip flexion 3 x 10 reps. Ball squeeze 2 x 10 reps. Bent knee flexion 3 x 10 reps. Adduction with rotation 3 x 10 reps. Abduction 3 x 8 reps</p> <p><b>Move on</b> - When the exercises above are pain free and easy to complete.</p>	
7	<p><b>Treatment</b> - Ice 2 to 3 times per day and after exercises.</p> <p><b>Stretching</b> - Gentle stretching between exercises.</p> <p><b>Exercises</b> - Hip adduction 3 x 12 reps. Hip flexion 3 x 12 reps. Ball squeeze 2 x 10 reps. Bent knee flexion 3 x 12 reps. Adduction with rotation 3 x 12 reps. Abduction 3 x 10 reps.</p> <p><b>Running</b> - Gentle jog if it is not painful to do so. Run up to 15 minutes. Jog 1 min, walk 30 secs.</p> <p><b>Move on</b> - When the exercises above have been done for two consecutive days, are pain free and easy to complete.</p>	
8	<p><b>Treatment</b> - Ice 2 to 3 times per day and after exercises.</p> <p><b>Stretching</b> - Gentle stretching between exercises.</p> <p><b>Exercises</b> - Hip adduction 3 x 15 reps. Hip flexion 3 x 15 reps. Ball squeeze 2 x 12 reps. Bent knee flexion 3 x 15 reps. Adduction with rotation 3 x 15 reps. Abduction 3 x 12 reps.</p> <p><b>Running</b> - Build up jogging until 15 minutes with few or no stops can be done pain free.</p> <p><b>Move on</b> - When jogging can be done for 15 minutes comfortably and exercises easy to complete.</p>	
9	<p><b>Treatment</b> - Ice 2 times per day and after exercises.</p> <p><b>Stretching</b> - Gentle static stretching between exercises.</p> <p><b>Exercises</b> - Hip adduction 3 x 20 reps. Hip flexion 3 x 20 reps. Ball squeeze 2 x 12 reps. Bent knee flexion 3 x 20 reps. Adduction with rotation 3 x 20 reps. Abduction 3 x 15 reps.</p> <p><b>Running</b> - Walk / jog 15 to 20 mins or rest.</p> <p><b>Move on</b> - If you are back to normal jogging and both legs have near similar strength and flexibility.</p>	
10 (Phase 3)	<p><b>Treatment</b> - Ice after exercises if necessary. Wear a groin support whilst running if required.</p> <p><b>Stretching</b> - Gentle static stretching between exercises. Dynamic stretching exercises for hamstrings, adductors and hip flexors daily. 1 x 10 reps each. Gentle static stretching after running.</p> <p><b>Exercises</b> - Hip adduction 3 x 10 reps. Hip flexion 3 x 10 reps. Ball squeeze 2 x 10 reps. Bent knee flexion 3 x 10 reps. Adduction with rotation 3 x 10 reps. Abduction 3 x 8 reps.</p> <p><b>Running</b> - Warm up with exercises band. 6 x 50m strides at 50% speed.</p> <p><b>Move on</b> - When the above exercises are easy to perform with no adverse effects the following day.</p>	
11	<p><b>Treatment</b> - Ice after exercises if necessary. Wear a groin support whilst running if required.</p> <p><b>Stretching</b> - Gentle static stretching between exercises. Dynamic stretching exercises for hamstrings, adductors and hip flexors daily. 1 x 10 reps each.</p> <p><b>Exercises</b> - Hip adduction 3 x 12 reps. Hip flexion 3 x 12 reps. Ball squeeze 2 x 12 reps. Bent knee flexion 3 x 12 reps. Adduction with rotation 3 x 12 reps. Abduction 3 x 10 reps.</p>	

	<p><b>Running</b> - Warm up with exercises band (1 set of 15 reps light resistance). 6 x 50m strides at 50% speed.</p> <p><b>Move on</b> - When the above exercises are easy to perform with no adverse effects the following day.</p>	
12	<p><b>Treatment</b> - Wear a groin support whilst running if required.</p> <p><b>Stretching</b> - Gentle static stretching between exercises. Dynamic stretching exercises for hamstrings, adductors and hip flexors daily. 1 x 10 reps each. Gentle static stretching after running.</p> <p><b>Exercises</b> - Hip adduction 3 x 15 reps. Hip flexion 3 x 15 reps. Ball squeeze 2 x 12 reps. Bent knee flexion 3 x 15 reps. Adduction with rotation 3 x 15 reps. Abduction 3 x 12 reps.</p> <p><b>Running</b> - Warm up jog. 6 x 80m strides at 50% speed.</p> <p><b>Move on</b> - When the above exercises are easy to perform with no adverse effects the following day.</p>	
13	<p><b>Treatment</b> - Wear a groin support whilst running if required. Apply ice after running if required.</p> <p><b>Stretching</b> - Gentle static stretching between exercises. Dynamic stretching exercises for hamstrings, adductors and hip flexors daily. 1 x 10 reps each. Gentle static stretching after running.</p> <p><b>Exercises</b> - Increase resistance again. Hip flexion 3 x 10 reps. Ball squeeze 2 x 12 reps. Bent knee flexion 3 x 10 reps. Adduction with rotation 3 x 10 reps. Abduction 3 x 10 reps.</p> <p><b>Running</b> - Warm up jog. 6 x 100m strides at 50% speed.</p> <p><b>Move on</b> - When the above exercises are easy to perform with no adverse effects the following day.</p>	
14	<p><b>Treatment</b> - Apply ice after running if required.</p> <p><b>Stretching</b> - Gentle static stretching between exercises. Dynamic stretching exercises for hamstrings, adductors and hip flexors twice daily. 2 x 10 reps each.</p> <p><b>Exercises</b> - Hip adduction 3 x 12 reps. Hip flexion 3 x 12 reps. Ball squeeze 2 x 12 reps. Bent knee flexion 3 x 12 reps. Adduction with rotation 3 x 12 reps. Abduction 3 x 10 reps.</p> <p><b>Running</b> - Warm up jog. 6 x 50m strides at 70% speed.</p> <p><b>Move on</b> - When the above exercises are easy to perform with no adverse effects the following day.</p>	
15	<p><b>Treatment</b> - Apply ice after running if required.</p> <p><b>Stretching</b> - Gentle static stretching between exercises. Dynamic stretching exercises for hamstrings, adductors and hip flexors twice daily. 2 x 10 reps each.</p> <p><b>Exercises</b> - Hip adduction 3 x 15 reps. Hip flexion 3 x 15 reps. Ball squeeze 2 x 15 reps. Bent knee flexion 3 x 15 reps. Adduction with rotation 3 x 15 reps. Abduction 3 x 12 reps.</p> <p><b>Running</b> - Warm up jog. 6 x 80m strides at 70% speed.</p> <p><b>Move on</b> - When the above exercises are easy to perform with no adverse effects the following day.</p>	
16 (Phase 4)	<p><b>Treatment</b> - Apply ice after running if required.</p> <p><b>Stretching</b> - Gentle static stretching between exercises. Dynamic stretching exercises for hamstrings, adductors and hip flexors twice daily. 2 x 10 reps each.</p> <p><b>Exercises</b> - Hip adduction 3 x 15 reps. Hip flexion 3 x 15 reps. Ball squeeze 2 x 15 reps. Bent knee flexion 3 x 15 reps. Adduction with rotation 3 x 15 reps. Abduction 3 x 12 reps</p> <p><b>Running</b> - Warm up jog. 6 x 80m strides at 70% speed.</p> <p><b>Move on</b> - When the above exercises are easy to perform with no adverse effects the following day.</p>	
	<p><b>Stretching</b> - Gentle static stretching between exercises and before sprint sessions. Dynamic stretching exercises for hamstrings, adductors and hip flexors before running 2 x 10 reps each.</p> <p><b>Exercises</b> - Lighter resistance band. Hip adduction 2 x 20 reps. Hip flexion 2 x 20 reps. Bent knee flexion 2 x 20 reps. Adduction with rotation 2 x 20 reps. Abduction 2 x 15 reps.</p> <p><b>Running</b> - Warm up jog. 9 x 60m strides at 80% speed.</p> <p><b>Move on</b> - When running is comfortable at 80% speed and you have had a rest day!</p>	
18	<p><b>Stretching</b> - Gentle static stretching between exercises and before sprint sessions. Dynamic stretching exercises for hamstrings, adductors and hip flexors before running 2 x 10 reps each.</p> <p><b>Exercises</b> - Lighter resistance band. Hip adduction 2 x 20 reps. Hip flexion 2 x 20 reps. Bent knee flexion 2 x 20 reps. Adduction with rotation 2 x 20 reps. Abduction 2 x 15 reps</p> <p><b>Running</b> - Warm up jog. 6 x 50m strides at 80% speed. 2 x 5 x 20m shuttles at 80% speed</p> <p><b>Move on</b> - When shuttle runs are comfortable with no adverse effects the following day.</p>	
19	<p><b>Stretching</b> - Gentle static stretching between exercises and before sprint sessions. Dynamic stretching exercises for hamstrings, adductors and hip flexors before running 2 x 10 reps each.</p> <p><b>Exercises</b> - Lighter resistance band. Hip flexion 1 x 20 reps. Adduction with rotation 1 x 20 reps. Abduction 1 x 15 reps.</p> <p><b>Running</b> - Warm up jog. 6 x 60m strides at 90% speed. 3 x 30m shuttles (5 legs) at 90% speed</p> <p><b>Move on</b> - When shuttle runs are comfortable with no adverse effects the following day.</p>	
20	<p><b>Stretching</b> - Gentle static stretching between exercises and before sprint sessions. Dynamic stretching exercises for hamstrings, adductors and hip flexors before running 2 x 10 reps each.</p> <p><b>Exercises</b> - Lighter resistance band. Hip flexion 1 x 20 reps. Bent knee flexion 1 x 20 reps. Adduction with rotation 1 x 20 reps. Abduction 1 x 15 reps.</p> <p><b>Running</b> - Warm up jog. 3 x 60m strides at 80% speed. 3 x 40m at 90% speed. 3 x 5 x 30m shuttles at 90% speed.</p> <p><b>Move on</b> - When you have competed the above comfortably and are ready to give it 100% again!</p>	

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