

## Groin Strain Progression Chart

Healing	<b>Stage 1</b> Cold Therapy for 15 mins and ideally at least 3 or 4 times a day (ensure ice is not applied direct onto the skin and regularly check skin reaction to avoid burns due to the cold) Elevate the lower leg when resting/sleeping Light Compression shorts (do not wear at night) May need crutches to aid walking, if injury is severe  <b>Only move to stage 2 when walking is pain free and swelling has gone down</b>		<b>Stage 2</b> Compression Shorts no longer needed Warm and cold alternating therapy on the Groin muscle (inner thigh) – 2mins warm/1min cold for 18 mins total Electrotherapy e.g. ultrasound by a professional therapist  <b>Progress to stage 3 when pain free on daily activities and after a minimum of 10 days</b>		<b>Stage 3</b> Soft tissue massage to the groin area Warm pack for 20 minutes max per treatment and regularly monitor skin reaction to avoid burns  <b>Continue the above until fully fit</b>						
	<b>Stage 1</b> No stretching at all  <b>Only move to stage 2 when walking is pain free and getting in and out of bed or a car is pain free. Do not progress to stage 2 until at least 5 days post injury</b>		<b>Stage 2</b> Sit on the floor or lie down and perform gentle stretches with the knees bent and ease the knees outwards to feel a stretch in the groin to stretch both sets of groin muscles – 3 x holds for 10s, 1 x day and build to 2 x day  <b>Move to stage 3 when stretches are pain free with no reaction afterwards (or next day) and you have done the stretches for 5 days</b> <i>All stretches must be performed pain free and do not push too hard</i>		<b>Stage 3</b> Continue bent knee groin stretches up to 3 sets per day and then introduce straight knee/leg groin stretches in standing and change the angle of the foot on the ground to stretch different parts of the muscle  <b>Move to stage 4 when able to jog pain free and stretches are pain free with no reaction later on or next day</b> <i>All stretches must be performed pain free and do not push too hard</i>		<b>Stage 4</b> Dynamic groin stretches from one groin to the other.  <b>Continue stretches until fully fit and before exercise when back fit</b> <i>All stretches must be performed pain free and do not push too hard</i>				
Strengthening	<b>Stage 1</b> No strengthening at all  <b>Only progress to stage 2 when pain free on walking and after at least 3 days of no strengthening.</b>		<b>Stage 2</b> Static isometric strengthening squeezing a ball between the knees and do this with the hips and knees bent but also with them both straight, to target different muscles. Build up to 30s holds x 5 reps and increase the resistance. Start core exercises to improve abdominal strength because of the close relationship of the groin and abdominals  <b>Move to stage 3 when walking normally and pain free on 3 sets of 5 reps of 30s holds for both bent and straight knee isometric exercises and with no reaction next day.</b> <i>All strengthening exercises must be performed pain free and do not push too hard to early</i>		<b>Stage 3</b> Start resisted groin exercises with theraband or cables (in a gym) to strengthen the groin Use adductor/groin machines in gym and slowly progress the weight Continue and progress core exercises to improve abdominal strength  <b>Progress to stage 4 when able to perform 3 sets x 15 reps of cable/theraband exercises pain free with no reaction the next day and after a minimum of 3 days exercises at this level and with no associated reaction next day.</b> <i>All strengthening exercises must be performed pain free and do not push too hard to early</i>		<b>Stage 4</b> Side lunges to strengthen the groin muscles in a more functional position – can add a light kettle bell or medicine ball in hands to increase the load on the groins Wide leg Squats  <b>Progress to stage 5 when able to perform 3 sets x 6 reps side lunges and squats pain free and no reaction and after a minimum of 5 days of these exercises and with no reaction next day.</b> <i>All strengthening exercises must be performed pain free and do not push too hard to early</i>				
	<b>Stage 1</b> Arm Ergonometer (arm bike)  <b>Only progress to stage 2 when pain free on daily activities and after 3 days minimum.</b>		<b>Stage 2</b> Bike (remain seated) Swimming (include kicking now, but not breaststroke)  <b>Progress to stage 3 when pain free on activities of daily living and have completed stage 4 of the strengthening program with no reaction next day.</b> <i>All fitness exercises must be performed pain free and do not push too hard too early</i>		<b>Stage 3</b> Rower Cross trainer Stepper Continue bike – include spinning class if you want to Slow pace jogging  <b>Progress to stage 5 when you can jog for minimum 20 minutes with no pain and with no reaction next day. All fitness exercises must be performed pain free and do not push too hard too early</b>		<b>Stage 4</b> Increase pace of running to sprinting straight lines  <b>Progress to stage 5 when you can sprint in a straight line with no pain and with no reaction next day. Do not start twisting and turning until this stage has been fully completed.</b> <i>All fitness exercises must be performed pain free and do not push too hard too early</i>		<b>Stage 5</b> Start to introduce easy twisting and turning movements  <b>Progress to stage 6 when able to sprint in a straight line pain free for minimum 30 minutes and able to perform this with some easy controlled turning movements (no sharper than 90 degrees)</b> <i>All fitness exercises must be performed pain free and do not push too hard too early</i>		<b>Stage 6</b> Build pace up to full sprinting pace with turning Increase the speed of turning and decrease the turning circle gradually Sport specific drills, including kicking (if relevant to the sport)  <b>Only return to sport when this section is completely pain free with no reaction next day</b> <i>All fitness exercises must be performed pain free and do not push too hard too early</i>
Fitness	<b>Stage 1</b> Arm Ergonometer (arm bike)  <b>Only progress to stage 2 when pain free on daily activities and after 3 days minimum.</b>		<b>Stage 2</b> Bike (remain seated) Swimming (include kicking now, but not breaststroke)  <b>Progress to stage 3 when pain free on activities of daily living and have completed stage 4 of the strengthening program with no reaction next day.</b> <i>All fitness exercises must be performed pain free and do not push too hard too early</i>		<b>Stage 3</b> Rower Cross trainer Stepper Continue bike – include spinning class if you want to Slow pace jogging  <b>Progress to stage 5 when you can jog for minimum 20 minutes with no pain and with no reaction next day. All fitness exercises must be performed pain free and do not push too hard too early</b>		<b>Stage 4</b> Increase pace of running to sprinting straight lines  <b>Progress to stage 5 when you can sprint in a straight line with no pain and with no reaction next day. Do not start twisting and turning until this stage has been fully completed.</b> <i>All fitness exercises must be performed pain free and do not push too hard too early</i>		<b>Stage 5</b> Start to introduce easy twisting and turning movements  <b>Progress to stage 6 when able to sprint in a straight line pain free for minimum 30 minutes and able to perform this with some easy controlled turning movements (no sharper than 90 degrees)</b> <i>All fitness exercises must be performed pain free and do not push too hard too early</i>		<b>Stage 6</b> Build pace up to full sprinting pace with turning Increase the speed of turning and decrease the turning circle gradually Sport specific drills, including kicking (if relevant to the sport)  <b>Only return to sport when this section is completely pain free with no reaction next day</b> <i>All fitness exercises must be performed pain free and do not push too hard too early</i>
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**Guide to time out: Mild strain (grade 1) = 2 to 4 weeks, Moderate strain (grade 2) = 5 to 8 weeks, Severe Strain (Grade 3) = 8 weeks minimum**

This sheet is for information purposes only and is ONLY A GUIDE - always seek professional advice if you are injured. For more details and exercise demonstrations, visit

[www.sportsinjuryclinic.net](http://www.sportsinjuryclinic.net).....