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Sent: Wednesday, 12 October 2011 1:44 PM
To: Steve
Subject: PHYSIO4ALL E-News: Have YOU got a Dodgy Groin?

Learn about Groin Injuries! PLUS Special Offer - 10% off your Tempur Original Pillow!!

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PHYSIO4ALL E-News

Have YOU got a Dodgy Groin?!

The groin muscles are a group of muscles also known as the Adductors. They are responsible for stabilising the pelvis and pulling the legs together. Groin injuries are potentially the most debilitating and frustrating of all, especially in terms of time lost from sport and return to full fitness. **Recovery to sport can take 6 weeks or longer.**

A groin strain can occur from a sudden change in direction, an inside kick (especially soccer), sharp acceleration in sprinting and can be seen in runners. Pain is usually fairly localised to the groin and inside thigh. It can be quite sharp especially sitting cross legged and can be sore when walking. Bruising and swelling may be present



SPECIAL OFFER!!!

Treatment of a groin strain can consist of:

- Gentle massage in acute conditions
- Deep tissue massage for chronic conditions
- RICE principles (Rest, Ice, Compression, Elevation)
- Gentle stretches
- Ultra sound
- Dry needling

Also a carefully supervised exercise program utilising **eccentric** (as the muscle lengthens) **contractions can be paramount in recovery.**



Groin strain however can be a chronic condition, such as a sore groin the day after a long run. It is important therefore to have a complete assessment of your lower limb biomechanics and function to identify any areas that may be contributing to the injury. Treatment for any asymmetries or deficiencies is then used in the recovery and long- term management.

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