

Groin Strain

Explanation of Diagnosis

A **groin strain** is a **tear or overstretching of the adductor muscles**, which run along the inner thigh. It occurs due to **sudden movements, overuse, or inadequate warm-up**, especially in **sports that involve sprinting, sudden direction changes, or kicking**. Symptoms include **pain in the inner thigh, tenderness, swelling, stiffness, and difficulty moving the leg**.

Specific Work Modifications

- **Avoid prolonged standing, walking, or squatting.**
- **Modify tasks** to limit lifting, bending, or excessive leg movements.
- **Use an ergonomic chair with lumbar support** to reduce hip strain.
- **Take frequent breaks** to stretch and avoid stiffness.
- **Apply ice (15-20 min) during breaks** if swelling or pain increases.

Specific Activity Modifications

- **Avoid high-impact activities** such as sprinting, jumping, or heavy weightlifting.
- **Modify workouts** by switching to **low-impact exercises** like swimming or stationary cycling.
- **Warm up properly** before returning to activity.
- **Avoid deep lunges or lateral movements** until fully healed.

Recommended Supplements

- **Collagen peptides (10 g daily)** - Supports tendon and muscle healing.
- **Vitamin C (500 mg daily)** - Aids in collagen synthesis.
- **Magnesium (300-400 mg daily)** - Helps with muscle relaxation and reduces cramping.
- **Omega-3 fatty acids (1000 mg daily)** - Reduces muscle inflammation and stiffness.
- **Turmeric (500 mg twice daily)** - Provides natural anti-inflammatory benefits.

Recommended Nutrition and Hydration

Diet Recommendations:

- **Muscle-repair foods:** Lean protein (chicken, fish, eggs), legumes, and Greek yogurt.
- **Anti-inflammatory foods:** Fatty fish (salmon, sardines), turmeric, berries, nuts, and leafy greens.

- **Collagen-boosting foods:** Bone broth, citrus fruits, and bell peppers.
- **Limit processed foods, sugar, and alcohol**, which can slow recovery.

Hydration Tips:

- **Drink at least 2-3 liters of water daily** to support muscle function and tissue healing.
- **Electrolytes (potassium, sodium, magnesium)** may help prevent cramps and stiffness.

Home Exercise Prescription

Perform **2-3 times daily** to reduce pain and improve flexibility:

Phase 1: Pain Relief & Mobility (Days 1-5, Reduce Swelling & Stiffness)

1. Ice Therapy

- Apply **ice for 15-20 minutes, 3-4 times daily** to reduce swelling.

2. Seated Butterfly Stretch

- Sit on the floor with feet together, gently push knees toward the ground.
- **Hold for 20-30 seconds, repeat 3 times.**

3. Pelvic Tilts

- Lie on your back with knees bent, tighten your core, and flatten your lower back.
- **10 reps, 2 times daily.**

Phase 2: Strength & Flexibility (After 5-7 Days, Once Pain Improves)

4. Side-Lying Leg Lifts (Adductor Strengthening)

- Lie on your side, lift the lower leg slowly, then lower it back down.
- **10 reps per leg, 2 times daily.**

5. Standing Hip Adduction with Band

- Secure a resistance band around your ankle and pull the leg inward.
- **10 reps per side, 2 times daily.**

6. Glute Bridges

- Lie on your back, bend knees, and lift hips.
- **10 reps, 2 times daily.**

Phase 3: Return to Activity (After 2-3 Weeks, If Pain-Free)

7. Side Lunges (If Comfortable)

- Step sideways and slowly lower yourself down.
- **10 reps per leg, 2 times daily.**

8. Single-Leg Balance Exercise

- Stand on the affected leg for **15-30 seconds**, increasing time as tolerated.
- **Repeat 2-3 times per leg.**

⚠ **Avoid running, jumping, or deep stretching until symptoms improve (typically 3-6 weeks).**

Helpful Books

1. *"Rehab Science: How to Overcome Pain and Heal from Injury"* - Tom Walters, DPT
2. *"The Anatomy of Stretching: A Guide to Flexibility and Injury Prevention"* - Brad Walker

Click here for more orthopedic patient information.

Contact a Key West orthopedic clinic or reach out to Dr. Jason Pirozzolo.