

Hip Adductor Strain

Advice

Groin pain is often attributed to the adductor muscles of the hip. These are muscles that allow your hip to move toward and across your midline; in movements like crossing your legs. This can either be an acute episode (shorter than 3 months) or a persistent issue (longer than 3 months). It is thought to be caused by repeated stresses and tiny injuries to the tendon. These may occur for a number of reasons including overuse of the tendon or muscles.

Treatments include rest, ice, pain killers and exercises to help the tendon recover and associated muscles strength.

What can I do to help?

Rest: It is usually best to try to carry out your normal activities in small amounts, however you mustn't overdo it. You need to take things slowly, pace your activities and avoid activities that make your pain worse.

Ice: Applying an ice pack to the outside of your hip may be helpful for reducing pain. A packet of frozen peas wrapped in a tea towel works well as an ice pack. Leave the peas in place for no more than 20 minutes at a time. This can be repeated several times a day.

Pain relief: Simple painkillers (like paracetamol) or non-steroidal anti-inflammatory drugs, NSAIDS, (like ibuprofen) are available over the counter and can be very effective but don't use them for more than 2 weeks without seeking medical advice. You should carefully read the Patient Information Leaflet that is provided with this medication.

It is advisable to consult your GP or pharmacist before taking additional pain relief if you are currently:

- taking any form of medication
- have any other pre-existing medical conditions
- pregnant

Exercise: It is important to keep exercising a painful tendon in a non-painful way. This will help stimulate the tendon to become stronger and less painful in time. Exercise will also maintain the strength of the muscles around your hip.

Exercises to try:

Please try each one 10-15 times, 2-3 times a day. Some discomfort is normal as you may be moving muscles which are tight or stiff, however it is unhelpful if this pain continues for more than 30 minutes following your exercises. If this is the case, please reduce the distance you move or the duration of the hold. If your pain continues to worsen, please stop the exercises.

1. Adductor bridge



Lie on your back with your knees bent and feet flat on the floor. Cross your arms over your chest. Squeeze a pillow or ball between your knees. Keep a constant pressure on this throughout. Tilt your pelvis so that your lower back is pressing into the bed then lift your hips up towards the ceiling by squeezing your buttock muscles. Lift your hips until there is a straight line between your knees and shoulders or as high as you can. Slowly lower back down to starting position.

2. Hip adductor isometrics



Lie on your back. Cross your arms over your chest.
1: Squeeze a pillow or ball between your knees and hold them in a table top position (90° at the knee and hip). Keep a constant pressure on this for 20-40 seconds. Repeat 3 times.
2: Squeeze a pillow or ball between your feet and hold your legs straight at the knee and lift your feet from the floor. Keep a constant pressure on this for 20-40 seconds. Repeat 3 times.

3. Hip extension in 4 point kneeling



On all-fours. Lift your knee and extend your leg as far as comfortable. Hold this position for 3 sec.

Return to the start position. Then repeat with the opposite leg.