

Groin Strain (Rider's strain)

What is it?

An overstretch or tear of one, or more, of the adductor muscles or tendons, in the inner thigh

What causes it?

Sudden forceful stretching or movement/contraction of the muscles eg quick pivoting/change of direction.

Symptoms

Pain, inflammation, tenderness, reduced range of movement

Top Tips

Apply ice asap and frequently

How to Treat it

RICER. Anti-inflammatories and painkillers.



Rehab

After a period of healing, physical therapy using heat during stretching. Strengthening exercises.

Definitions

Strain – excessive stress or load to muscle or tendon. Classed as first degree, second degree or third degree increasing in severity

Adductor Muscles – muscles in the inner thigh which bring the leg towards the body

RICER – rest, ice, compress, elevate, refer

Associated Conditions

- Hip Flexor Strain,
- Piriformis Syndrome,
- Iliopsoas Tendinitis,
- Tendinitis of Adductor Muscles,
- Snapping Hip Syndrome,
- Trochanteric Bursitis

Get Help Now

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