

Tendinitis of Adductor Muscles

What is it?

Inflammation caused by repetitive, excessive use of and/or stress on tendon/s connected to one or more of the adductor muscles.

What causes it?

Repetitive stress or overuse of adductor muscles. Tight abductor muscles.

Symptoms

Pain, tenderness and inflammation in groin area. Painful to pull legs together against resistance.

Top Tips

Rest and ice asap. Warm up and cool down thoroughly before and after activity.

How to Treat it

Rest. Ice. Anti-inflammatories and painkillers. Massage using heat and gentle stretching.



Rehab

Strength and stretching exercises, possibly including heat. Thorough warm ups and cool downs. Balance between abductor and adductor muscles.

Definitions

Tendon – flexible, inelastic connective tissue attaching muscle to bone

Abductor Muscles – muscles of the outer thigh

Adductor Muscles – muscle of the inner thigh

Associated Conditions

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

Get Help Now

Products

Purchase sports injury products from Physique - [ice packs](#) or [gels](#), [heat packs](#) or [creams](#), [resistance bands](#)

10% DISCOUNT WITH CODE:
BODYMECHANICS

Services

Online Physical Therapy, Massage and Yoga from Body Mechanics

BOOK NOW

References: The Anatomy of Sports Injuries by Brad Walker, Anatomy & Physiology by Louise Tucker and Google.com