

GROIN STRAIN STRETCHES

This injury involves the sudden pulling of the knee outwards from the hip as the result of continuous small traumas (microtraumas) or one sudden large trauma. The trauma can come from work, exercise, etc., and, because the low back and/or groin region is too tight, the muscle cannot adapt. Stretching helps the healing process by keeping the region mobile. Be very gentle when you begin the stretches.

The “Super Six Rules” to Stretching Successfully:

- 1 • Warm up (Walk on the spot for 1 to 5 minutes)
- 2 • Hold each stretch one repetition for 30 seconds
- 3 • Do not bounce (Hold in Comfortable position)
- 4 • Be Gentle (No Pain)
- 5 • Breathe Deeply
- 6 • Stretch both sides equally



Thigh Stretch



Hip Flexor/Psoas Stretch



Extended Hip Flexor/Psoas Stretch



Standing Hip Flexor/Psoas Stretch



Standing Hip Stretch



Inner Thigh Stretch



Hip Flexor Stretch



Wall Groin Stretch



Inner Thigh/Hamstring Stretch



Supine Groin Stretch



Prone Groin Stretch

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