

# Category Specific Groin Pain Exercises



Using a pain scale can be helpful to determine the appropriate exercise and intensity of injured tissue.

A general rule of thumb is to consider pain from 0-2 to be safe, and 3 to be a zone of caution in tendinopathy. Anything above a 3, and the exercises need to be regressed in some manner.

Track pain levels during the following, careful not to experience pain beyond 3/10:

- While performing exercises.
- The hours after exercises.
- The day after exercise. It should not exceed levels of discomfort that you normally experience.

The following are examples of beginning progressions for different categories of sports related groin pain. Progress to the next exercise when you can complete the current level without pain, and it is not greater than a 5/10 difficulty.

Start off doing them every other day, 3 x 8.

Reps should be done slowly, with a 3 second eccentric (lowering) phase.

## Adductor-related groin pain

### Side-lying Adduction



Adduction with band



Modified Copenhagen

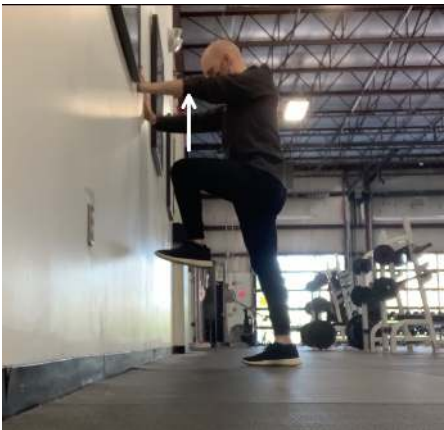


# Iliopsoas-related groin pain

## Half Kneeling Hip Flexion



## Standing Hip Flexion



## Hip Flexion with theraband



## Inguinal-related groin pain

### Supine Marching - Alternating Sides



### Supine Kettlebell Pullovers (start light and progress)



### Short Lever Side Planks

