

GROIN PAIN AND SPORTS

The groin is the junction between the lower limbs and torso. This area is vulnerable to many different injuries. Hernias and stress fractures are common, but probably the most common are groin pulls and involvement with other soft tissue structures. The main muscle groups associated with groin pain is the adductor group. This group of muscles runs along the inner thigh and brings the leg across the body. Activities such as running, kicking or cutting rely heavily on this group. Injuries also occur when there is a forced push-off (side to side motion). Soccer players are vulnerable when an athlete attempts to kick the ball and meets resistance from the opposing player who is trying to kick the ball the opposite direction. Adductor muscles effect hip movement. An injury to this area can also cause abnormal stress to the knee and ankle when not functioning properly. An injured groin can change a normal walking gait or running stride. Improper management of adductor strains or returning to play before pain-free sport specific activities can be performed may lead to chronic injury. Males and females are equally prone to this type of injury.

Prevention is important. Factors such as flexibility, proper warm up and conditioning can decrease the risk of injury. Poor movement patterns or jumping and landing mechanics can increase the risk of injury.

Lou Rossi D.C and Matt Trnka, PT treat many athletes. They are certified by the national strength and conditioning association. If you are coaching a team and would like a free interactive injury prevention clinic for your athletes or have any questions, Lou or Matt can be contacted at Centerpointe Chiropractic and Physical Therapy by calling (330)-723-2225