

Immediate treatment of inflammation using PRICE;

The treatment should be used directly after the injury has been sustained and carried out for 3-5 days.

Tissue injury involves damage to small blood vessels, which in turn results in bleeding at the sight of injury. There are 5 main signs of inflammation that can be recognized; Heat, redness, swelling, pain and loss of function. Inflammation is a necessary bodily response for the healing process of the damaged area. However we can use PRICE as the body tends to over react to injury, to minimize the symptoms and reduce discomfort.

- **P - PROTECT** - protecting the injured tissue from further damage, whilst allowing swelling to accumulate.
- **R - REST** - reducing the energy requirements of the area as well as avoiding any excess blood traveling to the area.
- **I - ICE** - which causes vasoconstriction, allowing the blood vessels to reduce blood flow to the area. Crushed ice in a damp towel works best, and should be put on immediately after injury for 20 minutes, then every 3-4 hours at 5 - 10 minutes duration.
- **C - COMPRESSION** - Simple bandages will do, whilst making sure the bandages are not too tight.
- **E - ELEVATION** - The injured area should be placed higher than the heart level, in turn helping to reduce blood pressure, limit bleeding as well as encouraging removal of fluid through the lymphatic system.

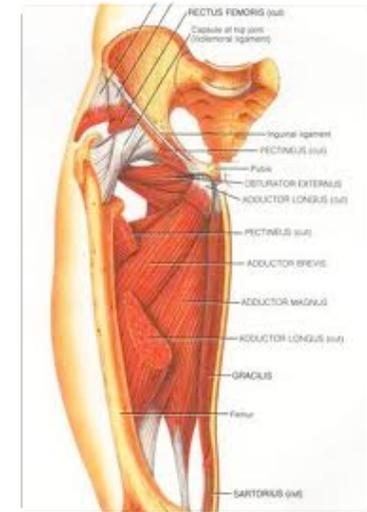
Exercises for groin strain rehabilitation

About your injury;

As there are more than 22 muscles on each side of the pelvis and associated tendons, the term groin injury is a generic term to cover injury of one of the many structures.

Facts about groin injuries;

- The most common cause of groin pain in soccer players is the strain of the adductor muscles of the leg at the tendon and muscle junctions
- Groin strains are common in football, with the 94/95 season having over 45 people sidelined.



Warm up and warm downs;

When carrying an injury it is especially important to make sure there is sufficient blood flow to the area in question as well as warming the muscles. This must be carried out before any stretches, and is usually done so by having a light jog for up to 5 minutes. Upon finishing an activity a warm down must also be carried out, which allows for the removal of lactic acid as well as a gradual decrease to heart rate and blood pressure. This should be carried out with a light jog decreasing to walking pace.

About your programme -

This exercise programme has specific exercises to stretch tight muscles, improve flexibility and strength the muscles of the groin. In order to achieve proper rehabilitation of your injury it is important to ensure that the exercises are performed with good technique. As poor practice can lead to poor performance and potential strain of the injury.

Warm Up Exercises

Time	Activity
2 mins	Brisk walk/jog.
2 mins	Continue to jog introducing A + B
2 mins	Jog sideways with ball, alternating the right and left leg lead.
2 mins	Continue to jog, introducing stretches C + D
2 mins	Continue to jog, introducing specific sporting skills, continuing with stretches A - D

Stretching exercises -

Hold each stretch for 20 seconds and then repeat them 3 times / leg.

A) Adductor muscle stretch - squat position.

In a squatting position, place the outside of both arms against the inside of both legs, apply gentle pressure from the arms - gradually increasing the range of flexibility.

B) Adductor stretch - sitting position.

In the sitting position, place the soles of both feet together - grasping both ankles, flex the trunk forwards keeping a straight back.

C) Abdominals, prone lying.

Lying on your front, place both hands on the floor. Whilst keeping your hips on the floor, extend your arms - to feel a stretch in the abdominals.

D) Adductor stretch

In the standing position, lift one leg to the side. Bend the knee of the weight bearing leg, keeping the back leg straight - feeling the stretch on the inside of the leg.

Table of strengthening and balance exercises

1) In the lying position, place a ball between your knees and rotate legs from side to side.

2) Using rubber tubing fastened to your ankle, extend your leg backwards, slowly returning your leg back to its position.

3) While standing, place a ball against a wall and push your leg into the ball, with your toes pointing at parallel to the wall, like a pass in football.

4) Take a press up position, bending alternate legs towards your hands, a ball can be used as a progression, to place your hands upon.

5) Lay down and place a ball between your feet and tighten your inside thigh muscles.

6) Whilst standing up, place rubber tubing around your ankle, fasten the other end around a stable object and perform a slow kicking motion.



Progress from exercise 1-7. Repeat each one 10 times, where necessary use a rest period in between. Then where possible attempt to progress to 20 repetitions.

Progression speed -

Your therapist should advise you on the speed that you should progress on the strengthening and proprioception exercises. It is important to remember that progression is not only about capability to perform the exercise, but to perform it safely and correctly to remove any risk of injury.

