



# Physical Therapy & Sports Medicine

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*Director of Treatment*

## TREATING GROIN PAIN

Groin pain, which is a common problem among athletes, can stem from several different places in the body, including the lower back, hip joint, and lower abdomen. Those most at risk for groin pain are participants in sports that require running, body contact, and repeated kicking. While treatment of groin pain typically includes exercise therapy, there has been little evidence as to which approach was best. A recent study evaluated five different exercise protocols to find which was most effective. Researchers discovered that strengthening the hip and abdominal muscles appeared to be the best approach. The strengthening exercise interventions lasted four to sixteen weeks, which indicates a quick return to action is not always possible.

If you're suffering from groin pains, or any of the other injuries common to athletes, then you need to call us today. Our friendly certified therapists understand the unique needs of athletes and will work with you, one-on-one, to create a program for the quickest recovery possible. We can also help you recover from an auto accident, work injury, fall, or surgery. Remember, you have the right to choose your own physical therapist. We have the experience and training to identify the proper treatment approach - call us today to make an appointment.

P.S. According to the research mentioned above, interventions for groin pain were found to work best in conjunction with jogging, running, and cycling.

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