

## Chronic groin injuries

Groin injuries are a common and complex issue due to the intricate anatomy of the region. Three separate body segments come together in the area and as a result there are multiple structures that can cause pain in the groin. Majority of groin pain arises from one of the following: Adductor muscle group, Deep hip flexor muscles, hip joint, lumbar spine, sacroiliac joint, pubic symphysis, conjoined tendon or inguinal hernia. If you are suffering from, pain in the groin region a physiotherapist can identify the likely cause of your pain and discuss with you with the appropriate treatment options



Chronic groin injuries are generally associated with a tendinopathy of the adductor tendons as they attach to the pelvis, although there is a chance that the pain is caused by multiple co-existing problems.

The majority of evidence indicates that the best rehab for tendinopathy is rest from the aggravating activities (i.e. sport) and start loading the tendon with a form of exercise known as eccentric training. Eccentric activity is activation of the muscles while it is lengthening (E.g. controlling the effects of gravity or an external force).

Other treatment consists of soft tissue work along with stretching of majority of the muscles around the hip. Adequate assessment of the hip joint mechanics is also necessary to ensure there is no over-activation or over-use of any muscles. Taping to unload the tendon may also be helpful upon return to sport or normal activities.