Inguinal Strain

Your exam shows you have an inguinal strain. This is also known as a pulled groin. This injury is usually due to a pull or partial tear to a muscle or tendon in the groin area. **Most groin pulls take several weeks to heal completely**. There may be pain with lifting your leg or walking during much of your recovery. Treatment for groin strains includes:

- Rest and avoid lifting or performing activities that increase your pain.
- Apply ice packs for 20-30 minutes every few hours to reduce pain and swelling over the next 2-3 days.
- Medicine to reduce pain and inflammation is often prescribed.

HOME CARE INSTRUCTIONS

While most strains in the groin area will heal with rest, you should also watch for any signs of a more serious condition.

SEEK IMMEDIATE MEDICAL CARE IF:

- You notice unusual swelling or bulging in the groin.
- You have pain or swelling in the testicle.
- Blood in your urine.
- Marked increased pain.
- Weakness or numbness of your leg or abdominal pain.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

Document Released: 01/25/2006 Document Re-Released: 11/30/2009
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