Groin Strain
(Adductor Strain, Groin)

A groin pull refers to strained muscles on the upper inner part of the thigh. This usually occurs in muscles several minutes to hours after an athletic event. It is more likely to occur when your muscles are not warmed up well enough or if your conditioning is not good enough. A pulled muscle, or muscle strain, occurs when a muscle is over stretched and some muscle fibers are torn. This is especially common in athletes where a sudden violent force placed on a muscle pushes it past its ability to respond. Usually, recovery from a pulled muscle takes 1 to 2 weeks, but complete healing will take 5 to 6 weeks. Because there are millions of muscle fibers, following the injury, your body usually rapidly returns to normal.

HOME CARE INSTRUCTIONS

- Apply ice to the sore muscle for 15 to 20 minutes each hour while awake for the first 2 days. Put ice in a plastic bag and place a towel between the bag of ice and your skin.
- Do not use the pulled muscle for several days, or if having pain.
- You may wrap the injured area with an elastic bandage for comfort. Be careful not to bind it too tightly because this may interfere with blood circulation.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver. Do not use aspirin as this may increase bleeding (bruising) at injury site.
- Warming up before exercise and developing proper conditioning helps prevent muscle strains.

SEEK IMMEDIATE MEDICAL CARE IF:

There is increased pain or swelling in the affected area.

MAKE SURE YOU:

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

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