



Matthew Gotlin, MD
159 East 74th Street
New York, NY 10021

REHAB PROTOCOL: Groin Strain

Name: _____

Date: _____

Diagnosis: _____

Date of Surgery: _____

Phase I (Acute):

- RICE (rest, ice, compression and elevation) for first ~48 hours after injury
- NSAIDs
- Massage
- TENS
- Ultrasound
- Submaximal isometric adduction with knees bent→with knees straight progressing to maximal isometric adduction, Pain free
- Hip passive range of motion(PROM) in pain-free range
- Nonweight-bearing hip progressive resistive exercises (PREs) without weight in anti-gravity position (all except abduction), Pain-free, low load, high repetition exercise
- Upper body & trunk strengthening
- Contralateral LE strengthening
- Flexibility program for noninvolved muscles
- Bilateral balance board
- **Clinical Milestone:** Concentric adduction against gravity without pain.

Phase II (Subacute):

- Dynamic warm-up
- Concentric adduction with weight against gravity
- Standing with involved foot on sliding board moving in frontal plane→Bilateral sliding board moving in frontal plane (i.e. moving side to side)
- Adduction in standing on cable column or Theraband
- Sumo squats
- Seated adduction machine
- Standing with involved hip flex/ext on cable column to simulate skating
- Unilateral knee bends with reciprocal arm movements

159 East 74th Street
New York, NY 10021
Tel: 212-737-3301 Fax: 212-734-0407

2 Overhill Rd, Suite 310
Scarsdale, NY 10583
Tel: 914-725-6970 Fax: 914-725-6972

1600 Stewart Ave, Suite 100
Westbury, NY 11590
Tel: 516-243-8506 Fax: 212-734-0407

1870 Richmond Road
Staten Island, NY 10306
Tel: 718-285-7118 Fax: 212-734-0407

161 Atlantic Avenue
Brooklyn, NY 11201
Tel: 212-737-3301 Fax: 212-734-0407

200 West 13th Street, 6th Floor
New York, NY 10077
Tel: 212-737-3301 Fax: 212-734-0407

9226 Kennedy Boulevard
North Bergen, NJ 07047
Tel: 212-737-3301 Fax: 212-734-0407

- Single limb stance
- Multiplane trunk tilting
- Balance board squats with throwbacks
- Bicycling/Swimming
- General Flexibility Program
- **Clinical Milestone:** Involved lower extremity PROM equal to that of the uninvolved side and involved adductor strength at least 75% that of the ipsilateral abductors.

Phase III (Chronic):

- Phase II exercises with increase in load, intensity, speed and volume
- Slide board
- Roller board
- Lunges (in all planes)
- Correct or modify technique
- **Clinical Milestone:** Adduction strength at least 90-100% of the abduction strength and involved muscle strength equal to that of the contralateral side

Comments:

Frequency: 2 times per week

Duration: 12 weeks

Signature: _____

Date: _____