

WATCH FOR THAT BLACK ICE!

Groin strains are very common this time of year, particularly due to slipping on black ice in attempts to prevent that dreaded fall. Groin strains account for 10 percent of all hockey injuries and 5 percent of soccer injuries. Although groin strains are most common in athletic activities such as hockey, soccer, football and dance, they can also occur in everyday activities such as lifting heavy items, slipping while walking, or climbing stairs or ladders.

A groin strain is an over stretch or tearing injury to the inner thigh muscles or front of the hip. The groin is the area of the body where the abdomen meets the leg. A groin strain can also cause a pelvis subluxation or dislocation of the pubis symphysis joint in the front and sacroiliac joint (SIJ) in the back side of your body.

Injury occurs when the muscles are either too forcefully contracted or too forcefully overstretched. A muscle strain can be graded according to the amount of damage.

- Grade I: Mild or partial stretch or tear of a few muscle fibers
- Grade II: Moderate stretch, or tearing of a greater percentage of the muscle fibers
- Grade III: Severe tear of the muscle fibers, sometimes a complete muscle tear. A “popping” sound may be heard or felt when the injury occurs.

Groin strains make walking, standing activities, lifting the knee, or moving the leg away from or toward the body difficult and painful. Sharp pain or spasms in the groin area can quickly resolve, or it can persist, developing into a throbbing pain at rest with sharp stabs of pain when you try to move your leg or walk. The muscles can feel tight or weak. Trying to lift the leg or knee, or bringing your knees together, can also cause sharp pain. These movements can feel tight or even cause the groin muscles to spasm.

When the groin muscles are strained or torn, muscle fibers and other cells are disrupted. Bleeding can occur, which causes bruising. Within a few minutes to a few hours after the injury, swelling can occur, causing the injured area to expand and feel stiff and tight.

It is very important to immediately seek our physical therapy care to help reduce the bleeding, and limit the pain, stiffness and tightness associated with swelling. We can identify the degree of strain and if your spine, hip, pelvis, SIJ has been affected by your injury. Crutches may be recommended to reduce further strain on the muscles and joints while walking. “RICE”, rest, ice, compression and exercise is instructed to expedite a speedy recovery. Our “hands on” manual therapy techniques, such as PRRT, pain reflex release techniques, joint mobilization, manipulations, massage and Graston technique may all be indicated to reduce your pain and restore motion. Strength exercises and activities to restore activities of daily living and sports are key to prevent re-injury and speed recovery time.

LAKE COUNTRY PHYSICAL THERAPY AND SPORTSCARE, PC has provided such services for over 25 years. No need to see your physician first, as many of you already know, all you need to do is call

585-396-1400 and make an appointment. We will be in touch with your primary care physician immediately after your first session with us in the event medication or further diagnostic testing is indicated.

Happy Holidays!

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