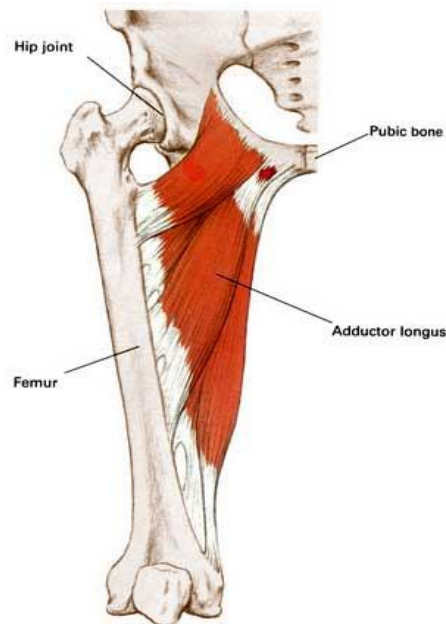


Adductor muscle strain

An adductor muscle strain refers to a tear in one of the muscles which run down the inside of the thigh. This is most commonly the result of over stretching or forcibly contracting the muscle when it is in a lengthened position. Changing directions quickly while running is a frequent cause.



The most common sensation felt when an adductor muscle is torn is sudden pain within the groin region or inside of the thigh. Depending on the severity of the tear you may or may not be able to continue participating in your activity. As you begin to cool down you may experience more pain as the bleeding and swelling around the injured muscle takes place. This may be associated with tightness, weakness and spasm in the muscle.

The most important time following an adductor muscle strain is the first 24-48 hours. During this period the RICE regime should be undertaken to limit the amount of swelling and bleeding. This regime involves:

- REST – taking your weight off the injured leg, crutches may be required
- ICE – every hour for 20 minutes. A damp cloth should be placed between you and the ice.
- Compression – using a firm elastic bandage around the injured site, not causing an increase in pain.
- Elevation – with the injured site at or above the level of the heart

It is very important during this period that you do not do anything that promotes blood flow to the injured site. This includes no heat, alcohol, running or massage as this will only increase the recovery time.

There are generally no long-term complications following an adductor muscle strain if it is appropriately managed and treated. In the rare case, a strain may lead to long term weakness and tightness in the muscle which can make it more prone to injury in the future.

A physiotherapist is very important in the treatment of an adductor muscle strain. Firstly a physiotherapist will be able to determine the true extent of the injury and then design a treatment program based on their assessment findings. Treatment may consist of a combination of soft tissue massage, electrotherapy, stretching and strengthening exercises and correction of biomechanical abnormalities. Generally an adductor strain can take 2-4 weeks to heal.