



Exercises For Groin Strain

1. Standing groin stretch

Stretch for 15 to 30 seconds and repeat 3 times



2. Hamstring stretch

Stretch for 15 to 30 seconds and repeat 3 times



3. Hip adductor stretch

Stretch for 15 to 30 seconds and repeat 3 times



4. Side-lying leg raise crossover

Perform two sets of 15 repetitions each



5. Straight leg raise

Perform two sets of 15 repetitions each



Reference:

1. Groin Strain Exercises; Tufts Medical Center

