

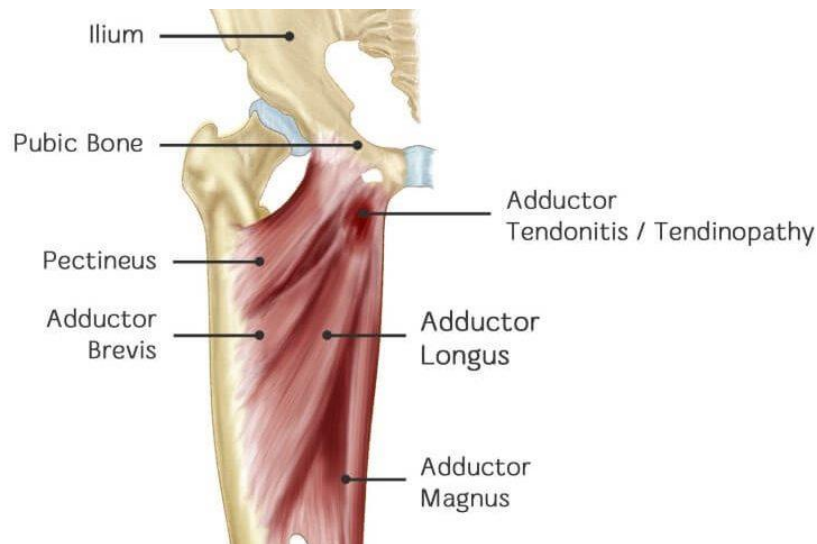


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## *Chronic Adductor injuries*

### **General info:**

Adductor (groin) injuries are a common and frustrating problem for athletes. They can be slow to heal and have high rates of recurrence. Adductor injuries most commonly occur at the attachment site on the pubic bone but can also occur at the muscle-tendon junction or muscle belly. They can develop chronic scarring, degeneration, and even tearing.



### **Diagnosis:**

An X-ray is often ordered to rule out a small fracture from the pubic bone. Sometimes, ultrasound and MRI are used to assess for location and severity of adductor injuries.

### **Treatment for chronic Adductor injuries:**

- Activity modifications – avoid explosive activities & exercise (jumping, sprinting, lunges, deep squats)
- Cross train w/ low impact exercise – stationary bike, swimming, elliptical, Aquafit
- Physical Therapy – Nordic eccentric exercises, Hip and core strengthening
- Yoga – improve flexibility of hip flexors, hamstrings, quadriceps
- Cortisone injections – less effective for chronic injuries. Not commonly used due to risk of tendon rupture
- Shockwave Therapy – to stimulate tendon healing
- Orthobiologic injections – Prolotherapy or Platelet Rich Plasma (PRP) injections
- Surgery – usually reserved for complete tears with retraction or chronic, stubborn cases