

Groin exercises

Groin and inner thigh pain



How to use this sheet. Do the exercises slowly. Stop before the pain builds — mild discomfort is fine, sharp pain is not. A little every day beats a lot once a week.

1 Inner thigh stretch



Sit with the soles of the feet together and the knees out to the sides. Let the knees sink towards the floor, keeping the back straight.

Hold 30 seconds

3 times

✓ **Should feel**

A stretch along the inner thigh

✗ **Should not feel**

Sharp pain where the thigh meets the groin



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Monday to Saturday · Sunday by prior appointment only

2

Ball squeeze



Lying on your back with the knees bent, hold a soft ball between the knees. Squeeze, hold, then release slowly.

10 times

2 times a day

✓ Should feel

The inner thigh muscles working

✗ Should not feel

Sharp pain at the pubic bone



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Bridging



Lie on your back, knees bent. Lift your hips off the floor, hold, then lower.

10 times

2 times a day

✓ **Should feel**

The buttocks and back of thighs working

✗ **Should not feel**

Cramp, or back pain



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Walk daily, building distance slowly.

20–30 minutes

Most days

✓ **Should feel**

Easier walking

✗ **Should not feel**

Limping heavily — use a stick

Stop and telephone us if

- You feel a lump or bulge in the groin
- The pain is getting worse, not better, after two weeks
- You get new numbness, tingling or weakness
- The joint swells up or locks
- You feel unwell or feverish



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