

GROIN MUSCULOSKELETAL CONDITIONS

ADDUCTOR TENDINOPATHY
HERNIA
REFERRED HIP PROBLEM
REFERRED BACK PAIN
FRACTURE
MUSCLE STRAIN
BIOMECHANICAL

PREGNANCY RELATED PAIN
OSTEITIS PUBIS
PUBIS SYMPHYSIS
AVULSION FRACTURES
OVERUSE INJURIES
MUSCLE TEAR
LIGAMENT TEAR

TREATMENT

STRENGTHENING
STRETCHING
EXERCISE THERAPY
FACIAL RELEASE
TRIGGER POINTING
BIOMECHANICAL -
ASSESSMENT

ICE THERAPY
HEAT THERAPY
ADVICE/EDUCATION
LOAD MANAGEMENT
PILATES
YOGA
GAIT ANALYSIS