TAKING CARE OF YOUR ADDUCTORS

Boys and girls soccer, 11-13

WHAT

ADDUCTOR STRAIN is the overstretching of inner thigh muscles.
It usually happens when you move your leg out to the side, or when you jump.

HOW OFTEN

About 25% of soccer injuries occur to thighs, more than to knees or feet.
Many go unnoticed or neglected.

TIME OUT OF PRACTICE

On average, about 3-4 WEEKS. A bad strain can keep you out 2 MONTHS.

WHEN DOES IT HAPPEN?

- Running sprinting or stopping
- Changing direction
- Controlling a high ball
- Slide tackling
- Contact with another player

SYMPTOMS and SIGNS

- Sudden pain inside thigh or to groin
- Mild pain during walk
- If severe pain, inability to walk at all
- Muscle tenderness, swelling
- Bruising (hours after injury)




CONDITIONING

We will train THE WHOLE LEG, not just adductors.

Thigh muscles all work together. If hamstring and quadriceps do not work enough, adductors make up and work more than expected. Then they get weaker and more prone to strain. This is why injuries occur on sideways movements, but also on straight line running.

STRETCHING BY RUNNING

1) Slow run
2) LATERAL run
3) HIGH-KNEE run
4) ZIGZAG run
5) Forward/Backward sprint

NO STATIC STRETCHING!!
(e.g. lateral squats, butterfly)
They stretch adductors more than necessary.

FIRST AID

- If you feel pain, STOP, or you'll make it worse!
- Apply ice 4 times/day. Use a towel.
- No sport for a couple days.
- If pain persists, it gets worse or you cannot walk, visit the doctor.

RECOVERY

- Follow recovery program.
- If you feel pain, STOP!
- Recovery may take time. No rush. If muscles are not completely healed, you are at risk for injuring again.

For more information: www.webmd.com/fitness-exercise/groin-pull, http://www.aspetar.com/journal/viewarticle.aspx?id=64, http://www.aspetar.com/journal/viewarticle.aspx?id=27 http://goalnation.com/syouth-soccer-players-recovering-from-groin-injuries/

Literature reference: Opplert, J., & Babault, N. (2017). Acute Effects of Dynamic Stretching on Muscle Flexibility and Performance: An Analysis of the Current Literature. *Sports Medicine*, 1-27.