



MEAD PHYSIO GROUP

LINKED HEALTH CARE

Physio | Clinical Pilates | Massage

GROIN REHABILITATION

PHASE 1. (Before going on to Phase 2, must be painfree with light run)

- a. Stationary Bike (slow speed) 10 minutes.
- b. Fast feet stepping in place, 2 x 1 minute.
- c. Prone body bridge 5 x 10 seconds.
- d. Leg raises 3 x 10.
- e. Standing leg swings forwards and sideways x 20 each leg.
- f. Side lie on injured leg and do leg raises 3 x 10.
- g. Single leg balance progressing from eyes open to eyes shut, 4 x 20 seconds.
- h. Core work: hold one knee to chest while lying on the floor, lower and raise the other straight leg 3 X 10.

PHASE 2. (Before going on to Phase 3 must be painfree with moderate run)

- a. Stationary Bike (moderate speed) 10 minutes.
- b. Side shuffle 10m, 3 x 1 minute, low to moderate intensity, no pain.
- c. Grape vine jog 10m, 3 x 1 minute, low to moderate intensity, no pain.
- d. Lateral boxer shuffles 10m 2 x 1 minute.
- e. Single leg raises with 1 kg weight 3x10.
- f. Lie on injured side and do side lie leg raises with 1 kg weight 3x10.
- g. Standing leg swings with 1 kg weight (or theraband) x 20 each leg, in front/behind & across body.
- h. Single leg balance windmill touches without weight, 4 x 8 reps per arm.
- i. Lunge walk with opposite toe-hand touch and trunk lift with leg extension, 2x10 steps per limb.
- j. Single leg half dips on step, 2x10s each limb.
- k. Lateral lunges progressing to deeper knee bends 3 X 10.

PHASE 3. (Before returning to play, must train fully without pain)

- a. Stationary Bike (fast speed) 10 minutes.
- b. Side shuffle jog x 30m, 3 x 1 minute, moderate to high intensity, no pain.
- c. Grape vine jog x 30m, 3 x 1 minute, moderate to high intensity, no pain.
- d. Boxer shuffle 10m 2 x 1 minute moving laterally across the room.
- e. Lateral lunge runs, progressing from small to large lunges 30m x3.
- f. Jumping lateral lunges from one single leg onto the other touching the ground 3 X 10.
- g. Forward/backward accelerations, 3 x 1 minute, start at 5m, then 10m, then 20m.
- h. Figure of '8's weaving through the goal & point posts 3 X 10.
- i. Depth jumps from step jump to ground level and back 2x10.
- j. Lunge walk with opposite toe-hand touch and trunk lift/leg extension with dumbbells, 2x10 steps per limb.
- k. Hop, step, jump x5 each leg.

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