

# hip flexor strain

## what is a hip flexor strain?

The hip flexor muscles are located on the front of the hip. Hip flexor strains can happen during vigorous sprinting and kicking activities. A strain typically occurs when a muscle is placed in a stretched position and then contracted forcefully in the opposite direction, resulting in a possible pull or tear in the muscle.

## who is at risk?

- Children/adolescents who have participated in sprinting and kicking activities (i.e. football, soccer, track, gymnastics, dance, etc.).
- Children/adolescents who have learned improper training techniques.
- Children/adolescents who have warmed-up improperly prior activity.

## what are the symptoms?

- The child/adolescent will feel an initial sudden pain in the front of the hip.
- The child/adolescent might feel a tearing sensation in the front hip muscles.
- When the muscles cool down after activity, a gradual increase in pain, swelling and tightness can occur in front of the hip.
- In severe cases, extreme pain, swelling and weakness will be immediate and the activity cannot continue. Often, the child/adolescent will have difficulty walking.

## what are the treatment options?

### Conservative/non-surgical treatment:

- Rest from aggravating activities or “relative” rest.
- Ice the area after activity and when painful for 10 to 20 minutes up to once an hour. Elevation and compression of the hip flexor will assist with decreasing swelling/edema.
- Muscle stretching to improve flexibility.
  - Stretching should be done both before and after the activity.
  - Concentrate on hip flexor (front of hip) stretching and active movement of the hip in all directions.
- If the condition does not improve, a referral to physical therapy to address pain, swelling, range of motion, flexibility, strength, gait, bracing and a return to sport training program will usually improve symptoms.
- A hip flexor/groin wrap can be beneficial to provide support to the muscles.

### Surgical treatment

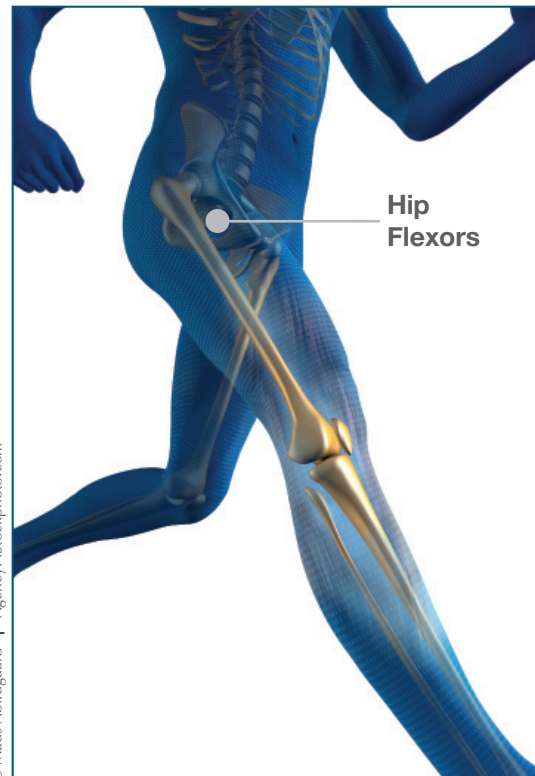
- Not required.

## what is the time frame for returning to activity/sport?

Depending on the severity of the muscle tear, it may take two to 12 weeks to return to activity.

## what are the long-term side effects?

Recurrent injuries in the first few months are common, illustrating the need for ongoing flexibility training and use of proper warm-up techniques.



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