

The 3 tests to eliminate hip and groin pain in running sports

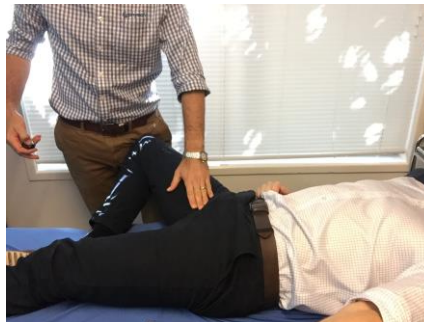
1. Internal hip rotation at 90deg

Lying on your back with your hip flexed. Rotate your foot out. How far does it go??
Less than 40deg could be a problem.



2. Muscle tightness in adductors

Lying on your back, tuck your foot into your groin and let the knee fall out towards the floor.
Palpate the adductors. Restriction of movement or excessive tightness in the muscle could be a problem.



3. Squeeze test

Lying on your back with your knees bent and feet on the floor with a ball between your knees.
Squeeze the ball as hard as you can.
Weakness and a painful squeeze will be a problem.



**If you tested positive to 1 or more of the above tests hip and groin pain may be an issue if you are involved in high volume running sports.
Consult your physiotherapist prior to increasing your workload or gym.**