

# Groin Strain Exercises



Hip adductor stretch



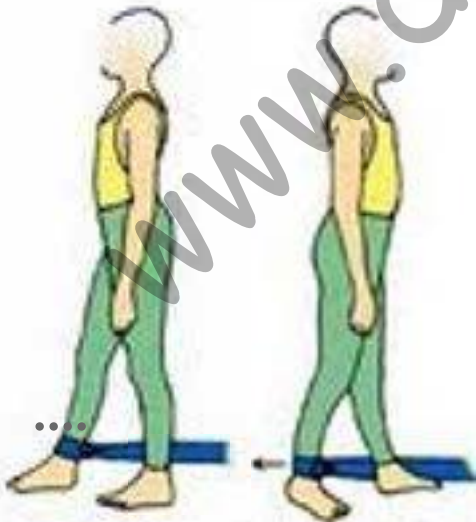
Hamstring stretch on wall



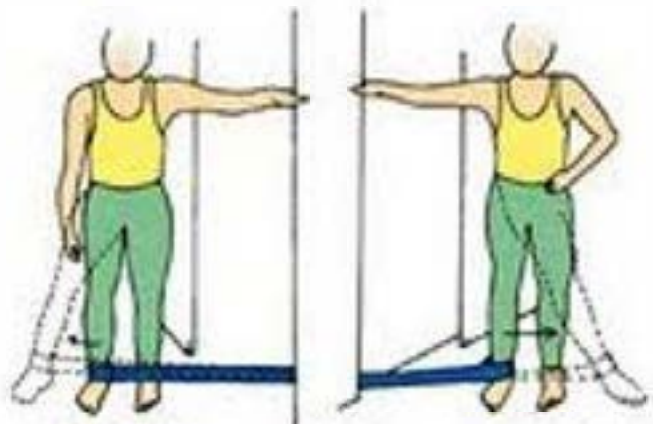
Side-lying leg lift (cross over)



Straight leg raise



Hip flexion



Hip abduction

Hip