

Groin Strain Correctives

Drills

Level 1

Exercise	Sets	Reps
Clamshell	2	10
Quad Out Hip Lift	2	10
Assisted Groin Stretch	2	1 min

Level 2

Exercise	Sets	Reps
Groin Ball Squeeze	2	10
Quad Out Hip Lift w/ Ext.	2	10
Small Box Dip Squat	2	10

Level 3

Exercise	Sets	Reps
Banded Clamshell	2	10
Band Hip Adduction	2	10
Band Hip Abduction	2	10
Small Box Dip Squat	2	10