



## Sri Ramachandra Faculty of Sports & Exercise Sciences

### EFFECTIVENESS OF COPENHAGEN EXERCISE GROIN STRAIN (OR) GROIN PULL IN FOOT BALL PLAYERS

**AIM OF STUDY:** To know the effectiveness of Copenhagen exercise in groin pain for foot ball players.

**CAUSES:** Forcely by kicking a football, ruuning, sprinting, sudden change of direction while running, sudden trauma such as getting tackled by other foot ball player, pain may be more while doing a cutting stride.

#### GRADES OF GRIOIN STRAIN:

GRADE 1: Mild pain and little loss of movements and strength

GRADE 2 : Pain ,tenderness , weakness and strength loss and tissue damage

GRADE 3: Severe tear of muscle causing and a lot of pain

**INCIDENCE :** The rates of injury was great during the preseason play compared with postseason play . Prospective soccer studies in scandinavia showed a groin strain incidence rate of 10 to 18 injuries per 100 players and reported that all professional us male soccer players incurred a groin strain in2002 season and ekstrand and gillquist documented 32 groin starins in 180 male soccers players, repressenting 13% of all injuries over the course of 1 year

**METHODOLOGY:** 10 semi professional foot ball players were randomised and adductor strengthening programme by using copenhagen adduction exercises with the 3 progression levels.

2 sets per side, 6 repetitions, 3times per week

The Athlete doing the exercise performs a repetition by raising their hip up and then dropping the lower leg down to the ground and back up again. While it may look like an isometric action, the exercise is dynamic in nature. European soccer clubs were the main users of the exercise, but due to the globalization of sport and science, it's used everywhere now



**RESULTS:** There was no significant effect of the exercise intervention the risk of a groin injury was reduced by 41%, but this reduction was not significant. A univariate analysis showed that having had a previous groin injury almost doubles the risk of developing a new groin injury and playing at a higher level almost triples the risk of developing a groin injury.

**CONCLUSION :** The simple Adductor Strengthening Programme substantially reduced the self-reported prevalence and risk of groin problems in male football players with groin pain.

**REFERENCES:** Carl valle track and field tariner (copenhagen) , P. Hölmich K. Larsen K. Krogsgaard C. Gluud ( exercise programe), Engebretsen AH1, Myklebust G, Holme I, Engebretsen L, Bahr R (incidence)

**KEY WORD :** Groin pull, copenhagen adduction exercise

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