



# THE GROIN BAR

Groin injuries are common in sports that include running, cutting, change of direction, or kicking and are a significant contributor to lost playing or training time.

They can be a headache for everyone involved.

In an effort to minimize the effect of groin pain, regular testing and monitoring of the strength of hip and groin musculature has become a common practice.

# WHAT IS IT?

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The GroinBar Hip Strength Testing System is a fast, modular, portable and repeatable system for testing muscle strength and imbalance, as well as for prescribing and performing isometric training.



# HOW IT WORKS

GroinBar is focussed on testing a clients max isometric strength and imbalance and assessing strength ratios. These tests are great for establishing a clients baseline strength, tracking changes longitudinally and developing cohort norms.

We address groin strength by first measuring isometric hip ab/adduction strength with handheld dynamometry. This gives us a baseline for each clients ab/adduction relative strength and the ratio between the two, which some research indicates is important when managing groin pain and injuries .

We re-evaluate these strength levels periodically throughout the year and anytime someone complains of groin pain and tightness.

# THE BENEFITS

THE  
PERFORMANCE  
CLINIC



Monitor performance and screen for injury risk



Enhance training programs



Match personnel to the physical demands of a role



Return to work or deployment-ready benchmark