

Learning Objectives

Rehabilitation & Prevention of Adductor Strains

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Course Description:

Many athletes are missing games secondary to adductor muscle strains. This course will report on adductor strain epidemiology, examine risk factors, provide evidence for prevention programs, use current evidence in choosing rehabilitation process. Adductor strain incidence from several sports will be covered, including soccer, American Football and ice hockey. You will learn about treatment and prevention of adductor strains from each of these sports and more. Different sports represent different risk factors for injury and re-injury and this course will cover both the extrinsic and intrinsic factors, with the goal of progressing every athlete to return to play.

Course objectives:

- Report adductor strain epidemiology
- Examine risk factors
- Provide evidence for prevention programs
- Use current evidence in choosing rehabilitation process
- Use clinical millstones to progress athlete to return to play