

HIP FACTS FROM THE LITERATURE #91

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HIP ADDUCTOR WEAKNESS IS A POTENTIAL RISK FACTOR FOR GROIN PAIN, BUT ADD:ABD RATIO IS NOT



In a systematic review & meta-analysis of prospective studies:

- There was a moderate effect of hip adductor strength on the occurrence of groin pain.
- Neither abductor strength nor the adductor-to-abductor strength ratio was significantly related to the occurrence of subsequent groin pain.

ADD: Adduction; ABD: Abduction

Measurement of adductor strength on a continuous basis, rather than a single test, can detect players at higher risk, since there is a 6% to 10% decrease in force output the week before injury.

Measuring frontal plane strength in athletes is common both in those with groin injury, but also in screening protocols for assessing groin injury risk. Abductor:Adductor strength ratios are also often collected in such screening programs, but how much can we rely on these metrics as indicators of groin injury risk?

This systematic review and meta-analysis of the literature reported that while hip adductor weakness is a potential risk factor for groin pain, abductor strength and the Adductor:Abductor ratio are NOT good predictors of injury risk.

This paper also suggests that a single measurement of adductor strength will not be as valuable or predictive as tracking adductor strength over time and looking for drops in strength.

Two studies now have shown drops in adductor strength on a squeeze test in the 1-2 weeks prior to injury. So if you're looking after a team, this is a great thing to track on a weekly basis. A drop in strength would flag the potential need for some load management and early intervention to try to avoid injury and costly time out of sport.

Xu W, Ghaziani AO, Khanduja V, et al. Anatomy, biomechanics and function of the hip capsule: A narrative review from a surgeons perspective. Clin Biomech (Bristol). 2025 Jul;127:106588.