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GroinLeft and right inguinal regions shown in lower part of diagram In human anatomy thegroin also known as the inguinal region or iliac region [1] is the junctional area between the torso and the thigh

[2] Nov 11 2024 Thegroinis a part of the hip area that connects the abdominal wall to the inner thigh. Thegroinarea where the abdomen meets the thigh contains five muscles that work together to move the leg

Physical activities and sports can sometimes cause pain and discomfort in thegroinarea Groinpain is discomfort or abnormal sensations in the area where your belly meets your thigh

Common causes include pulledgroinmuscles and hernias Dec 4 2025 Groinpain can be caused by hip problems hernias a pinched nerve or something else

Learn more about the possible causes pain relief and when to be concerned Dec 10 2025 Groinpain often comes from pulled muscles due to intense physical activities or overexertion

Discomfort that lasts more than a few days or affects your daily life is a sign to see a doctor Jan 9 2024 The most common cause ofgroinpain is a muscle tendon or ligament strain

The risk of these injuries is higher in athletes who play sports such as hockey soccer and football Aug 17 2025 Thegroinis anatomically defined as the junctional area where the lower part of the abdominal wall meets the upper thigh

It is located at the front of the body on either side of the pubic tubercle.

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