

ADDUCTOR PROGRAMME

- **Hip abduction (Gently for the first ten days)**
Lying on your back, bend your knees and place the soles of your feet together, support your knees with your hand and let your knees gently roll out to the side. Hold this position for 10 seconds. Repeat this stretch 5 times.
If pain-free hold this stretch for longer periods eg. 15, 20, 30 seconds
As discomfort reduces increase the stretch by bringing your feet closer towards you, or pulling yourself forward by holding onto your toes.



- **Static adduction 1** – Place a football between your feet while lying on your back, and squeeze it between your feet. Hold for 30 seconds and repeat 5-10 times



- **Static adduction 2** – Place a football between your knees while lying on your back with your knees bent and your feet on the bed. Squeeze for 30 seconds and repeat 5-10times



- **Core Stability exercise 1 (Transversus abdominus)** – Tighten your tummy and draw your belly button in towards spine without moving your pelvis/spine – Hold while taking 5 breaths and repeat 5-10 times. (Zip and Hollow)



Straight leg raise

- Tighten thigh muscle and lift your leg straight off the bed. Keep your knee as straight as possible. Then, gently lower.



- **Core Stability exercise 2 (Scissors)** – Start in lying position with hips and knees bent and with both feet on the bed/floor. Tighten your tummy and lift one foot off the floor straightening your leg and hold for ten seconds. Repeat with the opposite leg. Perform 3-5 sets.



- **Core Stability exercise 3 (Abdominal sit-up)** – Tighten tummy and do a small sit-up by lifting shoulders off the bed/floor. Perform 3-5 sets of 10 sit-ups



- **Standing groin Stretch 1** – Stand with your feet apart and facing in the same direction. Lean away from your affected side so that you feel a stretch down into your groin. Hold this stretch for 15-20 seconds and repeat 3-5 times.



- **Standing groin Stretch 2** – Stand with your feet apart and facing at right angles to each other. Lean away from your affected side to feel a stretch into your inner thigh/groin region. Hold this stretch for 15-20 seconds and repeat 3-5 times.



- **Balance exercise 1** – Standing on one leg while brushing your teeth. Spend 1minute on each leg. Perform 2 sets.



- **Balance exercise 2** – Standing on one leg while bending and straightening your knee. Perform 3 sets of 10



- **Balance exercise 3** – Stand on one leg and allow the other leg to swing gently forwards and back like a pendulum. Repeat 2 sets of 30 seconds, and then repeat with other leg



- **Core Stability exercise 4 (Combined Abdominal sit-up)** – Place football between your knees and squeeze gently. As you sit-up lift your feet off the bed to draw your knees and chest towards each other



- **Core Stability exercise 5 (Abdominal)** – From the lying position with legs out straight tighten your tummy and lift both feet one inch above the bed/floor; hold this position for 10 seconds; slowly bring your feet widely apart and hold for 5 seconds; bring feet back together and relax. Repeat 5 sets.



- **Closed chain bridging** – Begin this in lying with hips and knees bent so that your feet or flat on the bed/floor. Tighten in your tummy muscles, squeeze your bottom and raise your bottom and then spine off the bed. Try to keep your pelvis level and aim to get your shoulders, pelvis and knees level. Perform 3-5 sets of 10 repetitions



- **Hip abduction with overpressure**

Bend your knees and place the soles of your feet together, let your knees roll out to the side and use your elbows to press your knees toward the floor. Hold this position for 10 seconds. Repeat this stretch 5 times.

As discomfort reduces increase the stretch by bringing your feet closer towards you, or pulling yourself forward by holding onto your toes.



- **Figure 4 Stretch** - Place the foot on top of the opposite thigh creating a 'figure of 4' shape; gently push the knee down towards the bed/floor and hold for 5 seconds at the limit of stretch; you will have to work through mild stretching discomfort to progress. Repeat 3-5 times.



- **Combined groin stretch** - stand sideways placing your affected foot on a raised surface; widen both your legs as far as they will go (feeling a stretch in both adductor regions); push the affected leg out a little further feeling increased tightness; holding this position and keeping facing straight ahead, turn the affected foot upwards to point to the ceiling. Hold for 10 seconds and repeat 3-5 times.



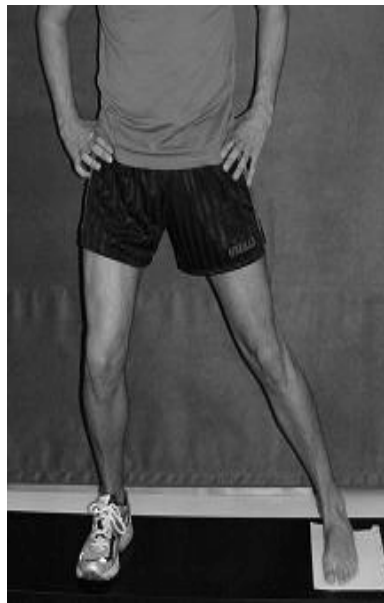
- **Figure 4 stretch with overpressure** – Using the same position as with previous stretch. Use your elbows to press your knee towards the floor so you get an increased stretch. Hold for a further 10 seconds and repeat 3-5 times.



- **Static adduction with knee bend** – Place a football between your knees while standing. Bend your knees into a mini-squat while still holding football with your knees. Repeat 5-10 times



- **Active hip abduction/adduction (Foot-slides)** – While wearing a sock on a low friction surface e.g. wooden floor, allow a little pressure onto your foot and while maintaining this pressure slide your foot away from you out to the side and then pull back in. Repeat this for 1 minute continuously 5 times and alternate with performing it with your foot pointed 90 degrees from the other (out to the side)





- **Hip abduction with overpressure**
Bend your knees and place the soles of your feet together, let your knees roll out to the side
Increase the stretch by bringing your feet closer towards you, or pulling yourself forward by holding onto your toes. Hold this position for 10 seconds. Repeat this stretch 5 times.



The Plank

- Lay on your front with your forearms resting on the floor and your shoulders directly above your elbows
- Straighten your legs out behind you and lift up your hips to form a straight line between your shoulders and ankles. You should be balanced on your forearms and toes, with your lower abdomen and back working to keep your body straight. Hold for 30 seconds



Side Plank

- Lay on your side with your forearm resting on the floor and your shoulders directly above your elbows
- Straighten your legs out and lift up your hips to form a straight line between your shoulders and ankles. You should be balanced on your forearms and foot, with your side flexors, lower abdomen and back working to keep your body straight. Hold for 30 seconds. Repeat on the other side

