

Adductor Strain Exercises Handout

ADDUCTOR STRAIN EXERCISES HANDOUT

This handout provides a series of exercises to assist in rehabilitating adductor strains. These exercises aim to strengthen the adductor muscles, improve flexibility, and support recovery from acute and chronic conditions.

HIP ADDUCTOR STRETCH

Position: Lie on your back with knees bent and feet flat on the floor. Action: Gently spread your knees apart to stretch the inside of the thigh. Duration: Hold for 15-30 seconds. Repetitions: Repeat 3 times.

SIDE-LYING LEG LIFT (CROSS OVER)

Position: Lie on your injured side with your top leg bent and in front of the bottom leg. Keep the bottom leg straight. Action: Lift your top leg as high as possible, hold for 5 seconds, then slowly lower it. Repetitions: Perform 2 sets of 15 repetitions.

STRAIGHT LEG RAISE

Position: Lie on your back with legs straight. Bend the knee of the uninjured leg and place the foot flat on the floor. Action: Tighten the thigh muscle on the injured side and lift the leg about 8 inches off the floor. Hold briefly and lower slowly. Repetitions: Perform 2 sets of 15 repetitions.

RESISTED HIP ADDUCTION

Position: Stand sideways with elastic tubing tied around the ankle of the injured side. Action: Pull the leg with the tubing across your body, stretching the band, and return to the starting position. Repetitions: Perform 2 sets of 15 repetitions.

COPENHAGEN ADDUCTOR EXERCISE

Position: Lie on your side with your upper leg supported by a bench or a stable surface. Action: Perform a strong eccentric contraction by lifting and lowering the lower leg. Repetitions: Perform 2 sets of 10-15 repetitions.

REFERENCE

Singh, R.J.. (n.d.). Groin strain exercises New York. <https://www.rickysinghmd.com/groin-strain/>