

**Adductor Bridge**

Place the bent knee of the leg to be exercised onto a chair or small table. Take bodyweight on forearm and the knee, using the groin muscles to maintain a straight body position.

Repeat on other side

Duration 30 Seconds
Complete 5 Sets
Perform 1 Times

**Adductor Squat with Unilateral Heel Raise**

Start by getting in an adductor squat position. Then while maintaining a squatted position with toes pointed outward, raise one heel off the ground as shown in the picture and hold for three seconds. Slowly lower the heel back onto the ground and switch to the other heel and repeat. Keep ribs pulled down and glutes squeezed for the entire exercise.

Repeat 1 Time
Hold 30 Seconds
Complete 2 Sets
Perform 2 Times a Day

**Adductor Squat with Bilateral Heel Raise**

Begin by getting into an adductor squat position, then while holding and maintaining a squatted position with toes pointed outward raise both heels off the ground as shown in the picture and hold for three seconds, then slowly lower back down onto the ground. Keep ribs pulled down and glutes squeezed for the entire exercise.

Repeat 2 Times
Hold 30 Seconds
Complete 1 Set
Perform 2 Times a Day



Adductor Squat with Adductor Stretch

Start by getting into an adductor squat position. Then while maintaining the squat with toes pointed outward, shift your weight to one side as you straighten one leg and lift the toes off the ground as you shift onto your heel as shown in the picture. Hold for 3 seconds then lower the toes back onto the ground and repeat on the other side. Keep your ribs pulled down and glutes squeezed for the entire exercise.

Repeat 1 Time
Hold 30 Seconds
Complete 2 Sets
Perform 2 Times a Day



Adductor Squat with Medial Hamstring Lengthening

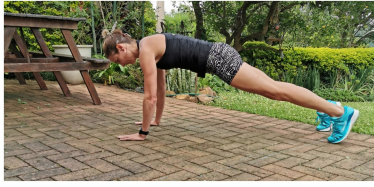
Begin by getting into an adductor squat position. Then while maintaining the squat with toes pointed outward, shift your weight to one side while you straighten the opposite leg as shown in the picture. Keep your ribs pulled down and glutes squeezed for the entire exercise. You should feel a stretch in the hamstring area of the leg that is straight.

Repeat 1 Time
Hold 30 Seconds
Complete 2 Sets
Perform 2 Times a Day



Supine Isometric Adductor Squeezes

While in hook-lying position, feet flat on the ground or treatment table, placing any kind of exercise ball, foam roller, or towel in between the knees. Squeeze the exercise ball for 3-5 seconds.



Groiners

In a push up position, activate your core and jump your feet out to the sides and up to your hands and then jump back again. Do it fast.

Repeat 20 Times
Complete 4 Sets
Perform 1 Times a Week



Adductor Side Plank

Place top ankle/leg on a bench, seat or stair in side plank position. Hold body completely straight from shoulder to ankle.

Support more of the top leg or flex top knee to make exercise less difficult.



EXERCISE BALL - HAMSTRING CURLS

While lying on the floor, place an exercise ball under the heels of your feet.

Next, raise up your buttocks and then bend your knees to draw the ball towards your buttocks.

Keep your buttocks elevated off the floor the whole time.

Video # VVHCE83KG

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Times a Day





SINGLE LEG SPLIT SQUAT - BULGARIAN SPLIT SQUAT / LUNGE

Stand on your target leg and place your other foot propped up on a chair or other low object behind you as shown. Next, bend your knee and lower your body towards the floor. Return to a standing position.

Your target knee should bend in line with the 2nd toe and not pass the front of the foot.

Video # VV9G6J4KE

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Times a Day



KETTLEBELL SQUAT

Start with feet shoulder width apart and holding a Kettlebell at your chest level. Next, squat down while holding the Kettlebell at your chest the entire time.

Do not let your knees pass your toes. Keep your back straight.

Video # VVWQ5AYM7

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Times a Day



Bridging with Alternating Leg Extension

Laying on your back with knees bent and feet flat, raise your buttock off the ground into a bridge position. Then alternate extending on leg at a time. Kicking out once on each leg is one repetition.

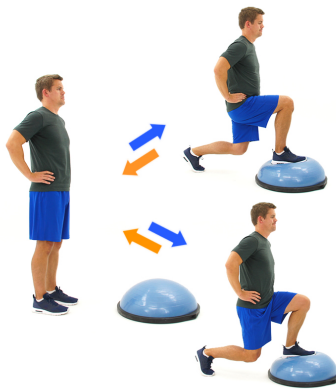
Repeat 10 Times
Complete 3 Sets



Bridging with Marching

Laying on your back with knees bent and feet flat, roll your hips and buttock up into a bridge position. Hold this position as pictured, then alternate marching each leg keeping your hips up and off the ground. Marching each leg once is one repetition.

Repeat 10 Times
Complete 3 Sets



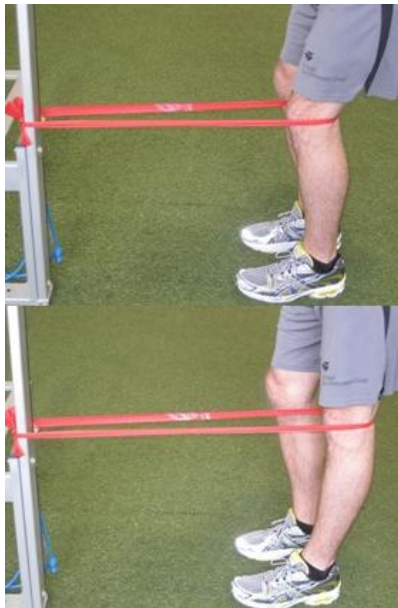
BOSU - FORWARD LUNGE ALTERNATE

While standing on the ground in front of a Bosu Ball, take a step forward placing your foot on the Bosu Ball. Allow your front and back knee bend as you lower yourself towards the ground. Do not allow your front knee to pass your toes.

Return to the original position and then perform with the other leg.

Video # VVFAGD36Z

Repeat 1 Time
Hold 1 Second
Complete 1 Set
Perform 1 Times a Day



Terminal knee extension -TKE

Place tubing/band around involved knee. Stand with knee slightly bent. Tighten the quadriceps to straighten the knee. **DO NOT PULL THE KNEE STRAIGHT WITH THE HAMSTRINGS.**



Romanian Deadlift (RDL)

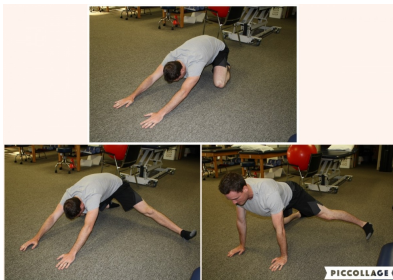
1) Begin in tall standing position with a slight bend in both knees 2) Engage your core by lightly bringing belly button closer to the spine to maintain neutral lumbar spine 3) Begin to hinge at the hips while you maintain a neutral spine. The first movement should be backwards as if someone were pulling your weight/hips backwards. 4) Once you feel stretch in the hamstrings, begin to drive through your heels to bring your hips forward and shoulders back to starting position. 5) If you are using weight, keep the weight close to your body. Your shins should stay vertical and the knees should maintain the same amount of bend. 6) Complete for assigned repetitions 7) It is important to not allow the lumbar spine to hyperextend or flex, it should maintain neutral position!

Repeat 10 Times
Complete 3 Sets
Perform 4 Times a Week



Lateral Lunge

Step to the side with the step foot pointed forward as shown. Lower the hips so that the step-side thigh is parallel with the floor. Keep the core tight to prevent bending in the lumbar spine. Drive with the stance-side thigh and buttocks to return to standing.



3-WAY GROIN STRETCH

THREE WAY GROIN STRETCH

*WHILE ON YOUR HANDS AND KNEES, SPREAD YOUR KNEES PAST SHOULDER WIDTH, AND SIT BACK TOWARDS YOUR FEET UNTIL YOU FEEL A STRETCH IN YOUR GROIN. HOLD FOR 10 SECONDS AND RETURN TO STARTING POSITION. STRAIGHTEN ONE LEG AND PLACE IT OUT TO THE SIDE AS SHOWN ABOVE, AND SIT BACK TOWARDS YOUR FEET UNTIL A STRETCH IS FELT IN THE GROIN AND INNER THIGH. HOLD FOR 10 SECONDS AND RETURN TO STARTING POSITION. WITH YOUR LEG OUT TO THE SIDE AND KEEPING YOUR BACK FLAT, LIFT YOUR FOOT OFF THE GROUND AND HOLD FOR A 5 COUNT. RETURN TO QUADRUPED AND REPEAT ON THE OTHER SIDE.

Repeat 5 Times
Hold 10 Seconds
Complete 1 Set
Perform 2 Times a Day



Dynamic Adductor Turn-outs

Begin in standing position, pull your knee up towards your chest then pull the same knee out to the side, feeling a stretch in the groin. Step forward and repeat with opposite leg.

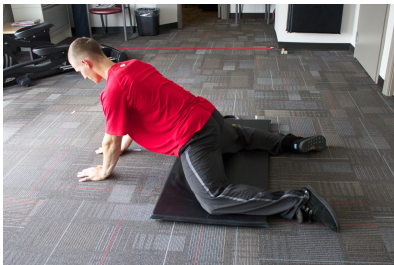
Repeat 20 Times
Complete 1 Set



groin stretch

Lie on your back with both knees bent, separate knees and allow to fall to each side and relax. Hold position for 30 secs, to 1 minute.

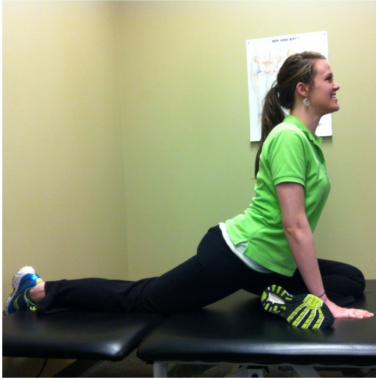
Repeat 2 Times
Hold 30 Seconds
Perform 2 Times a Day



Adductor/Groin Frog Stretch

Activate your glutes to push your hip towards the floor, feel a stretch through the groin/inner thigh.

Repeat 3 Times
Hold 20 Seconds
Complete 1 Set
Perform 2 Times a Day



Modified pigeon stretch

Place one leg in front of you with your knee outside of your hip as shown. Adjust the position of your heel (closer or farther from your groin) based on comfort and amount of stretch. Make sure that your back leg is straight behind your hip and that your pelvis is level. Sit up as straight as you are able.

Repeat 3 Times
Hold 30 Seconds



Seated Banded Adductor/hamstring stretch

With band anchored to upright, sit in straddle position with legs spread apart. Grasp band and walk hands forward until stretch is felt in inner groin and hamstrings. Hold

Perform 1 Times a Day

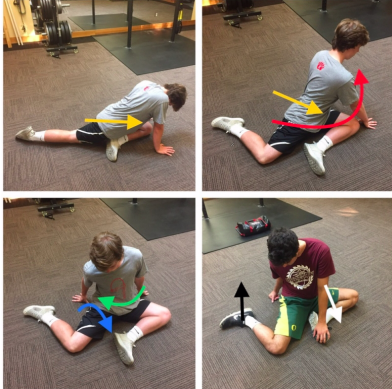


Sumo Squat Stretch

Begin in a wide stance feet facing near forward (or neutral) and squat low bringing butt to floor. Wedge elbows between knees and push knees outward until a stretch is felt in the upper groin (high adductors).

While stretching, engage your lumbar spine and arch your back, trying to maintain an upright trunk.

Repeat 3 Times
Hold 30 Seconds
Perform 1 Times a Day



90/90 hip mobilization

Hip Capsular Mobilizations

5 reps each position, transition between reps to other side i.e. Position 1 (top left) then transition to other leg and perform position 1 again. once 5 reps on each Side of position 1 are done. continue to position 2 until 5 reps with 5 second hold on each position on each side.

Top Left: Figure 4(pigeon) glute mobilization:

Drive pelvis back and forth onto hip and thigh to be stretched (yellow arrow), oscillating back and forth within stretch;

Top Right:

Bend back knee and hip to 90/90° deg flexion and bring torso upright from pigeon stretch. Rotate toward front leg over the front hip (red arrow), driving the back leg hip back;

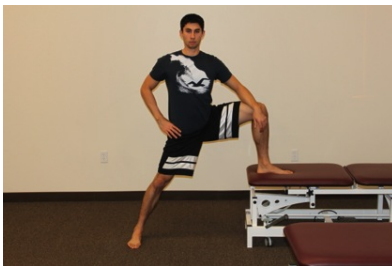
Bottom Left:

Rotate torso away from front leg and toward back leg (green arrow). Rotate your back hip inward toward the ground (blue arrow);

Bottom Right:

Press front ankle down and drive front forearm down toward shin (white arrow) while raising your back foot up and off of floor by rotating your hip inward toward groin (black arrow)

Video # VVYCRC668



Standing Adductor

Leg being stretched is on the floor the other leg is elevated on a steady bench or chair with the knee in flexion. Lean forward from the hips until a stretch is felt along the groin and inner thigh

Repeat	2 Times
Hold	30 Seconds
Complete	1 Set