



Personal exercise program

Musculo-skeletal and Pelvic health physiotherapy services
If you wish to provide feedback of our Service please use this web link.



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To contact us:

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Training start date 23/01/2025

Hip Adductor Strains and Tendinopathies

There are 3 muscles on the inside of the thigh going from the hip to the knee. They help support you during movement. These muscles may get strained when overworked. They may also develop a tendinopathy. This commonly occurs during / following high intensity exercise such as playing football, especially when moving quickly to the side. However there are many other ways to get an adductor strain or tendinopathy.

Adductor muscle issues can be painful and lead to reduced movement in the leg. You may find you are not able to perform the activities you usually do because of this. If you have an adductor problem it may be painful when you squeeze your knees together.

Recovery time depends on many factors. Research shows exercises provided by your physiotherapist can make recovery faster. They may also give you more advanced exercises which can decrease the risk of future injury and help you get back to sport. Treatment should always be discussed with your physiotherapist and may include the following:

- Using ice / heat over the muscle.
- Taking medications such as ibuprofen.
- Staying active. Walking, swimming, yoga and Pilates are great options during recovery.
- Starting an exercise programme to increase strength and flexibility.

Follow this advice when completing your exercise programme

- If certain exercises are too hard or painful feel free to not complete that exercise
 - Ensure nice relaxed breathing whilst completing the exercises
 - Mild pain during or afterwards is fine but avoid sharp, catching pains
 - Completing 5 sets of 5 reps is a good number to start with
 - You can progress or regress your exercises depending on your pain levels and ability
 - You can do this by increasing/reducing repetitions, sets, intensity, weight, frequency during the day and the amount of rest time between sets
 - Complete the exercises every day unless specified by your clinician
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Sit. Place a ball between your knees.

Squeeze the ball.

Hold 5 seconds.

Repeat 5 times.

For 5 sets.



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Mini Squat with Hip Adduction

Stand tall with feet hip-width apart and a small ball placed between your knees.

Bend your knees and hips and push your pelvis backwards to squat down.

Note:

- Keep hips, knees and toes aligned.
- Don't let your knees go over your toes; keep weight evenly distributed between forefeet and heels.

Repeat 5 times.

For 5 sets.



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Lying on your side with top leg bent in front of lower leg and the foot on the floor. Roll top hip slightly forwards, use top arm to support you in front.

Lift lower leg from the floor keeping toes pointed forwards. Return to starting position.

Repeat 5 times.

For 5 sets.



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Hip Adduction

Stand with an exercise band around one ankle and attached firmly to the side. In the starting position, take the hip straight to the side, slack taken off the band. Trunk and buttocks active.

Bring your leg in front of your supporting leg and in a controlled manner let the leg return back to the starting position.

Repeat 5 times.

For 5 sets.

Note: Keep your pelvis level.



Sumo Squat

Stand tall with your feet wide apart. Trunk is active and buttocks tightened.

Squat down keeping most of your weight on your heels. Keep your spine in a neutral position and your trunk upright. Push back to the starting position.

Note:

- Push your knees outwards, to keep your knees and toes aligned
- Weight evenly distributed between the heels and forefeet
- Can add weight to increase difficulty

Repeat 5 times.

For 5 sets.



Begin with 1 ankle resting on a chair. Lift your hip on the floor up until it is level with your ankle, hold then slowly lower back to the floor. Your bottom leg should also come up to the other ankle.

Repeat 5 times.

For 5 sets.



Lateral Slide Lunge

Stand tall with a towel under one foot.

Squat down with one leg and at the same time slide the other leg with the towel sideways. Pull the leg back next to the other leg and straighten back to the starting position.

Repeat 5 times.

For 5 sets.