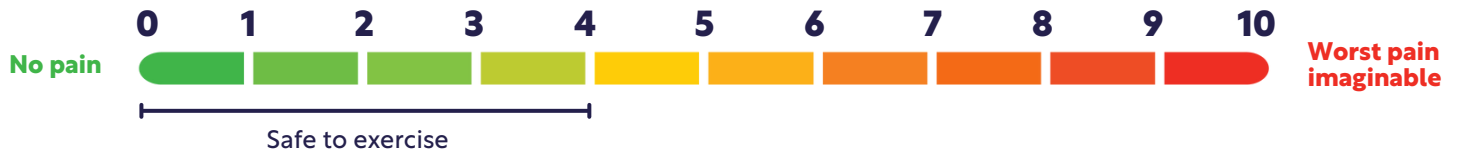


# Adductor-Related Groin Pain

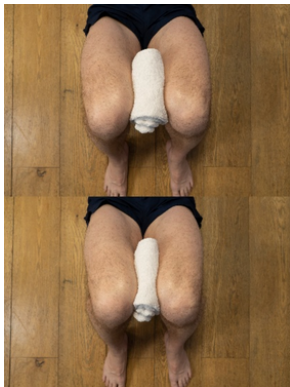
## Intermediate Programme

Aim to perform this programme a minimum of once per day unless prescribed otherwise. As with any new exercise, start slowly (repetitions as able) and build up as you are able within the guidelines below. Pain should not exceed 4/10 whilst completing this exercise programme.



### 1. Hip bridge with hip abduction

- On a comfortable surface, lay flat on your back with your knees bent and feet flat on the floor – have the feet narrow and focus on keeping the knees hip-width apart throughout the movement.
- Raise your hips up towards the ceiling by pushing through your heels and squeezing your buttock muscles.
- Once your hips form a straight line with the shoulders and knees, hold for 5 seconds before slowly lowering your hips back down.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



### 2. Ball squeeze between knees

- Lie on your back on the floor or bed with your knees bent at 90 degrees and your feet on the floor and your arms down by your side.
- Place a small ball/or soft object e.g., rolled up towel between your knees.
- Gently squeeze the knees together applying a light force.
- Hold for 10 secs.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



### 3. Dead bug - legs only

- Lie on your back with your arms straight, pointing to the ceiling and your knees raised level with hips knees bent to 90 degrees.
- Lower one leg out to straight, lift back up then alternate legs.
- Breathe in as you lower, breathe out as you bring back up.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**

We recommend consulting a musculoskeletal physiotherapist to ensure exercises are best suited to your recovery. If you are carrying out an exercise regime without consulting a healthcare professional, you do so at your own risk. If you have any concerns whilst completing these exercises, please contact a healthcare professional.