

HIP ADDUCTOR STRENGTHENING EXERCISES

Isometric Groin Exercises



Isometric groin contraction exercises involve a contraction of the inner thigh muscles, without movement of the hip joint. They are a great way of starting to load the groin muscles in the early stages of rehabilitation. Lay on your back with a ball (a football will do if you don't have a swiss ball or you just use the legs of a chair anything you have in the house as long as it is not going to fall on you) between your knees. Squeeze the thighs into the ball, holding the contraction for a few seconds before resting and repeating. This exercise can be performed with the feet flat on the floor or with the feet raised and knees at 90 degrees.

Wide Leg Squat



Performing a squat in a wide leg position works the adductor muscles (groin) more than a conventional squat. The starting position for a wide leg squat is with the feet more than shoulder width apart and the toes pointing outwards. From here bend both knees, keeping back straight. Ideally the knee should reach a right angle (90 degrees), but if not this is something you can work on. Don't go past a right angle. Make sure the knees do not move in front of the toes, keep your weight over the mid foot and heel. You don't need a bar to do this one.

Hip Adduction



- Lay on your side on the floor, with the top leg either bent so that the foot is on the floor behind the knee of the bottom leg, or raised on an object as shown
- Lift the bottom leg off the floor as high as possible, keeping the knee straight
- Slowly lower the leg back to the starting position

Muscles worked - Adductor Brevis, Adductor Longus, Adductor Magnus, Pectineus, Gracilis

Related injuries - Groin strains, Inflammation of the groin muscles