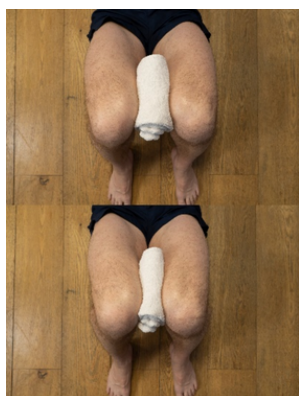


Adductor-Related Groin Pain

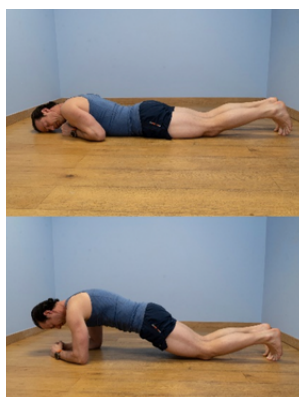
Early Programme

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.



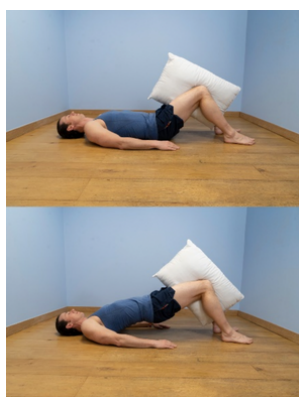
1. Ball squeeze between knees

- 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 10 times, rest for 1 minute.**
- **Repeat routine 3 times.**



2. Plank from your knees

- Lie on your front.
- Keeping your knees on the floor lift up onto your elbows.
- Hold this position maintaining a straight back for 10 seconds.
- **Perform this exercise up to 10 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



3. Hip bridge with pillow between the 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 – have the feet and knees hip-width apart and a pillow between the knees.
- Whilst maintaining moderate pressure on the pillow, 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.**