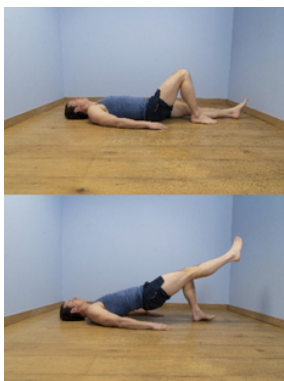


Adductor-Related Groin Pain

Advanced 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 3/10 whilst completing this exercise programme.



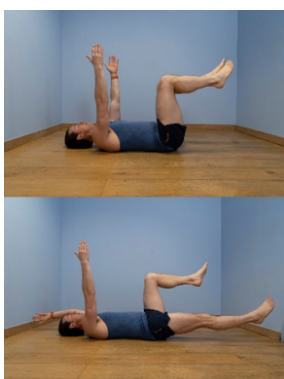
1. Single leg hip bridge

- 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.
- Whilst keeping the knees in line with the foot and hip, kick the resting leg out straight so that it is off the floor.
- Push your heels down into the floor to gently lift your hips upwards. Lift as high as you feel comfortable but no higher than a straight line between hips, knees and shoulders – aim to keep the pelvis level throughout.
- 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. Single leg toe touch

- Perform this exercise standing on the affected leg and have a wall/stable object nearby to assist with balance.
- Shift your weight on to the affected leg and 'hover' the other leg off the floor.
- Bend forward from the hip to move towards touching your toes.
- At the same time, the trailing leg should stay straight and will travel backwards to act as a counterbalance whilst keeping your spine straight.
- As you get close to touching your toes, you should feel a pull in the hamstrings and buttock of the standing leg.
- Squeeze the buttock muscles to reverse the movement and return to standing.
- To progress, hold a small amount of weight in the opposite hand to the leading leg and gradually increase this as strength develops.
- **Perform this exercise up to 15 times, rest for 1 minute.**
- **Repeat routine 2-3 times.**



3. Dead bug

- 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.