

Adductor (Groin): Rehabilitation Exercises

Stretches- hold for 3 x 30s



Bridge with Adductor: Position a foam roller or ball between your knees, and while maintaining an active core, lift your hips off the ground and squeeze the ball and your glutes. Hold for 10 to 30 seconds, then take a seat again. Repeat. Advanced: carefully extend one leg and then take a step back to the starting position. Legs should alternate.



Wall Sit with Adductor Squeeze: Bend knees and hips to a 90-degree angle and squeeze your lower back and shoulders onto the wall. Maintain your stance and continue to squeeze the ball between your knees. Take a 30-second break, then repeat.



Adduction with Theraband: Place a band around one ankle while standing in a neutral posture. Carefully cross your leg over the midline, keep it there for three seconds, and then slowly return to your starting position.



Bunkie Test: Maintaining an engaged core and aligned hips, shoulders, knees, and ankles, hold each posture for 10 seconds at a time, gradually increasing it.