

Weak and Painful Hip: Adductor Tendinopathy *STAGE 1*



1 Isometric hip Adduction

2 Seated Isometric Hip Adduction

3 Hip Adductor Bridge

It is OK to feel some discomfort whilst completing the following exercises, which is entirely normal to begin with, providing the pain is not significantly worse the following day. We recommend to only exercise up to around 4-5/10 if zero is no pain and 10/10 is severe pain.

1 Isometric Hip Adduction



Lying on your back with your knees bent to 45 degrees. Place a ball or cushion between your knees and squeeze your knees together.

Push for 30 seconds (4-5 repetitions), twice daily.

CONTINUED OVERLEAF



1 Isometric Hip Adduction

2 Seated Isometric Hip Adduction

3 Hip Adductor Bridge

2 Seated Isometric Hip Adduction



In sitting, place a ball or cushion in between your knees and slowly squeeze your knees together.

Push for 30 seconds (4-5 repetitions), twice daily.

3 Hip Adductor Bridge



Lying your back, with your knees bent to 45 degrees. Place a ball or cushion between your knees and squeeze inwards. At the same time, squeeze your bottom muscles and lift your hips up to the ceiling.

10-15 repetitions (2-3 sets), twice daily.