

Weak and Painful Hip: Adductor Tendinopathy *STAGE 2*



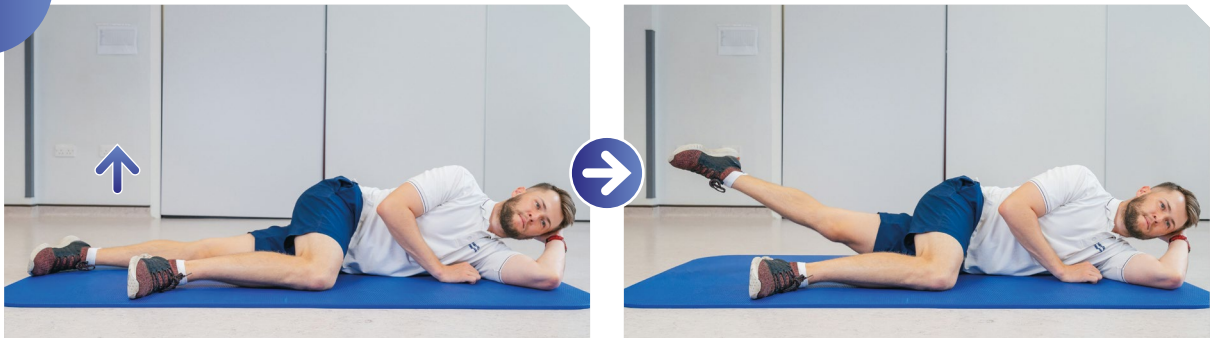
1 Side Lying Hip Adduction

2 Standing Hip Adduction

3 Split Squat

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 Side Lying Hip Adduction



Lying on your side. Place your top leg and foot flat on the floor in front of you. Lift your bottom leg up towards the ceiling.

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

CONTINUED OVERLEAF



1 Side Lying Hip Adduction

2 Standing Hip Adduction

3 Split Squat

2 Standing Hip Adduction



Tie your band to a stable surface approximately the same height as your ankle. Slowly pull your leg inwards, then gradually bring your leg back to the starting position.

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

3 Split Squat



From a standing position, take a long step forwards as if performing a lunge. The heel of your back foot should be raised. Keeping your torso straight, lower slowly until your back knee almost touches the floor, then push back up.

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