

Weak and Painful Hip: Adductor Tendinopathy *STAGE 4*



1 Sliding Lateral Lunge

2 Lateral Lunge Jump

3 Assisted Adductor Curl

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 Sliding Lateral Lunge



In standing, slowly slide you foot out to the side adopting a gradual squat position. Gradually start to pull the leg inwards back to the starting position.

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

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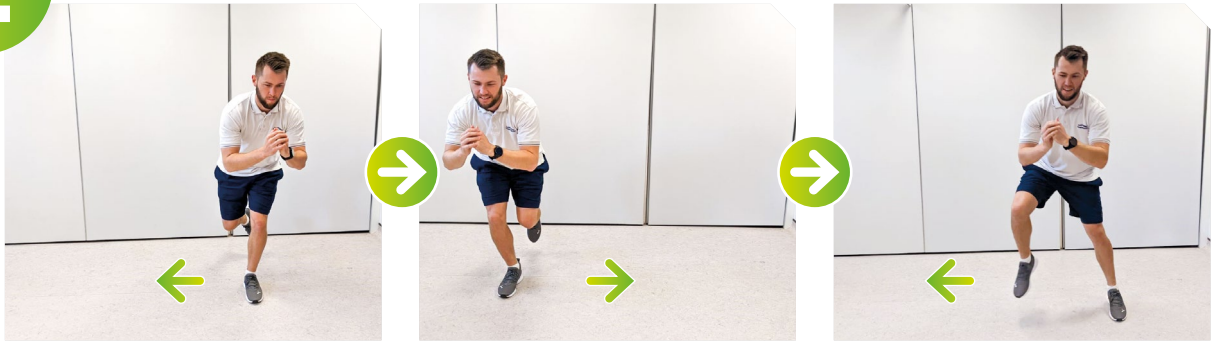


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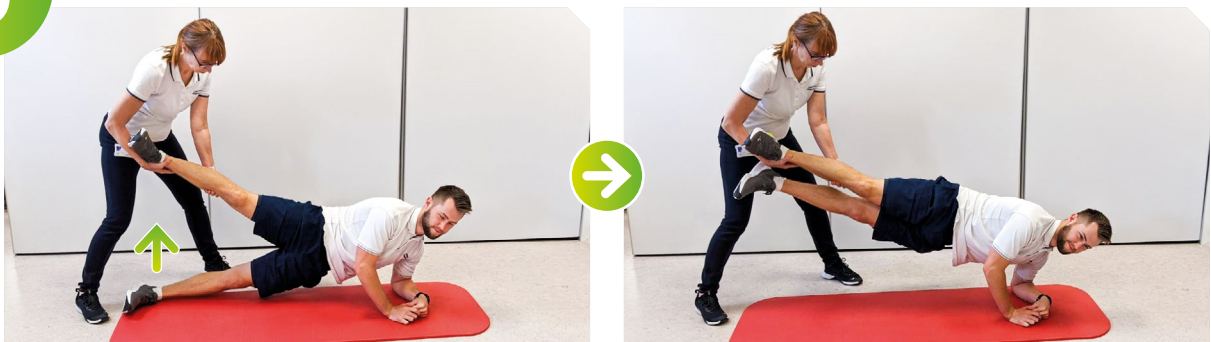
2 Lateral Lunge Jump



In standing with feet shoulder width apart. Aim to jump sideways whilst controlling the leg as you land. Repeat the process by jumping back to the starting position.

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

3 Assisted Adductor Curl



This exercise requires the support of a partner to support your knee and ankle while you adopt a side plank position. Aim to then bring your bottom foot up to touch the top foot and then return to the starting position.

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