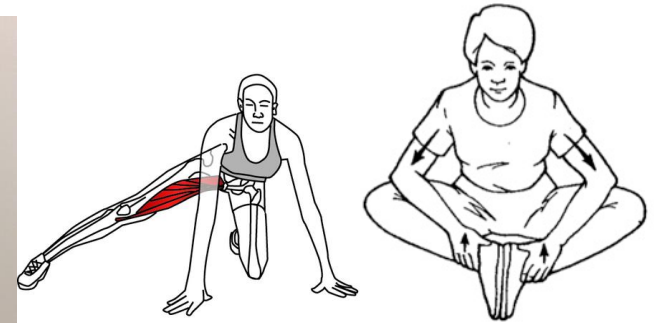


# Adductor (Groin) Rehab

Stretches- hold for 3 x 30s



Exercises



**Bridge with Adductor Squeeze:** Place a foam roller/ ball between your knees, keeping your core engaged, raise your hips off the floor while squeezing your glutes and the ball. Hold for 10-30s then return to resting position. Repeat. Advanced: slowly kick out one leg then return to starting position. alternate legs.

**Bunkie Test:** Keeping core engaged, Hips/Shoulders/Knees/Ankles inline, hold each position starting with 10 seconds and increased over time



**Wall Sit with Adductor Squeeze:** With shoulders and low back pressed into the wall, with hips and knees bent to 90 degrees. Hold position and keep squeezing the ball between knees. Hold for 30s, rest, repeat



**Adduction with Theraband:** Standing in a neutral position with band around one ankle, slowly cross leg over the midline and hold at the end point for 3s then return to starting position