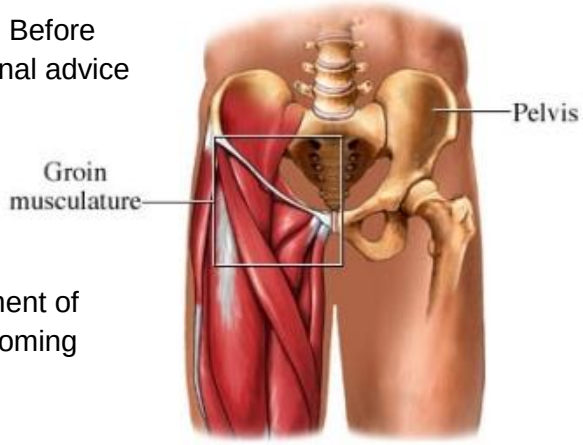
Lace Market Clinic
Musculoskeletal Therapy

LMC Adductor Rehabilitation Programme

Many conditions can present with pain in the groin region. Before beginning this programme it is essential to seek professional advice to identify your injury.



As with most acute injuries treatment should begin with the RICE regimen for the first 48hrs.

Stretching does not play a significant role in the management of adductor muscle strains as this may lead to the injury becoming chronic.

Progressive strengthening should commence about 48hours after the injury. Activities involving rapid acceleration or changes in direction should be avoided until full range of motion & strength have returned.

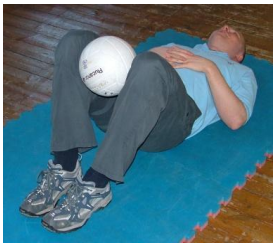
0-48 Hours

RICE
Rest, Ice, Compression, Elevation. See 'LMC RICE Advice (Acute Injuries)'.

48Hours – 2 weeks

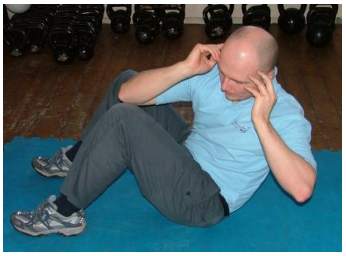
Module 1
(Complete Module 1 on alternate days with Module 2)

Adduction 1 – Lie on your back, with legs straight, toes pointing up. Squeeze a football between the feet for 30 seconds.



Adduction 2 – Lie on your back with knees bent to 45° and feet flat on the floor. Now squeeze the ball between the knees for 30 seconds

Repeat Adduction 1 & 2 10 times with 15 seconds rest between each contraction. The force applied should be just less than required to produce pain.



Sit-ups 1 – Lie on your back, knees bent to 45°, feet on the floor. Sit-ups are performed as a straight abdominal curl and also with a quarter twist towards the opposite knee.

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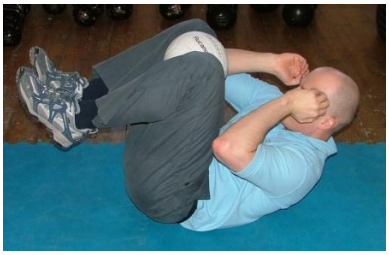

****Sit-ups 2** – Same starting position as sit-ups 1. Clamp a football between the knees. Crunch sit-up while pulling the ball towards the head. Aim for rhythm and accuracy to develop balance and coordination.

Perform five sets of Sit-ups 1 & 2 with 10-15 second recovery periods.

Wobble Board training for 5 minutes. (No wobble board? Use a firm cushion.)

Adductor Lateral Slide

Stand upright on a smooth floor. Wear one shoe on the supporting leg and a sock on the foot of the sliding leg. Keeping the knee of the sliding foot straight, bend the knee of the supporting leg to push the sliding foot out sideways as far as possible without causing pain and then pull the sliding leg back to the start position. The sliding foot should be pushed into the floor with as much force as tolerated without causing pain.

Forward Slide
Same procedure as above except the direction of slide is forwards.

The adductor lateral and forward slide are performed continuously for 1 minute with each leg in turn. The number of sets is gradually increased respecting pain and exhaustion.

Module 2
(Complete Module 2 on alternate days with Module 1)

Side Lying Low Leg Raises.
In the side lying position with the lower leg straight and upper leg bent and place in front of the lower leg. Slowly raise, hold and then lower the lower leg.

Side Lying Upper Leg Raises
In the side lying position with the lower leg bent and upper leg stretched. Slowly raise, hold and lower the upper leg.

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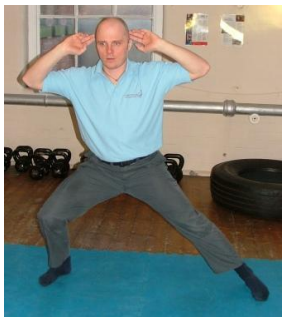
Resistance Band Training
Standing abduction/adduction. Gradually increase resistance but keep it submaximal for five times 10 repetitions.

**** Cross Country Skiing On One Leg.**

Standing on one leg, the knee of the supporting leg is flexed and extended rhythmically and in the same rhythm swinging both arms back and forth independently. The non-weight bearing leg is not moved. Balance and position should be maintained. The exercise is stopped when this is no longer possible.



Side Lunges
Five times ten repetitions per leg with 15 seconds rest. This exercise should be performed slowly and should not aggravate pain. Speed and depth of lunge should progress as can be tolerated.

Recurrent Adductor Muscle Strain.
Recurrent adductor strains are common. They may be due to:

a) Inadequate Rehabilitation
b) Resuming sport to quickly
c) Lumbar spine stiffness
d) Imbalance of the pelvic muscles. - This is a regular cause of recurrent adductor pain in running athletes. The adductors play a major role in dampening the contraction of gluteus medius and work with the hip abductors to maintain the stability of the pelvis in running. Thus, pelvic stability is required to prevent excessive load on the adductors.

** Key exercise. If you don't have time to do anymore do these.

Photos Shot at Bodyclocq (Personal Training), 4 Castle Boulevard, Nottingham
www.bodyclocq.com

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