



Adductor Training Programme

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(Ref:Holmlich et al, The Lancet 1999; 353: 439-43)

1. Adduction against a soccer ball between the feet in the supine position (10 sec X 5). Lie on you back, place the soccer ball between your feet, squeeze the ball as hard as you can.
2. Adduction against a soccer ball between the knees in the supine position. (10 sec X 5). Lie on your back with your knees bent to around 90 degrees, place the soccer ball between your knees, squeeze the ball as hard as you can.
3. Sit ups with a soccer ball between the knees (20 reps X2). Lie on your back with knees bent and the soccer ball placed between your knees. Hands behind your head. It is OK if your hips flex and your feet leave the ground during the sit-up.
4. Cross country skiing on one leg (1 minute X 2 for each leg). Stand on one leg, swing your arms and your free leg to emulate the motion of a cross country skier. Stretch your free leg as far forward and as far backward as you are able.
5. Adduction against partners abduction (legs outside X 2 and legs inside X 2, One minute for each repetition). You need a helper for this one! Sit on the floor facing one another. Both of your legs will be around 45-60 degrees apart. Alternate feet inside your partners feet and feet outside your partners feet. Resist one another as hard as you can!
6. Stretch the iliopsoas muscle (20 sec for each leg X2). Kneel on the side you are about to stretch. Balance leg forward with knee at 90 degrees. Lean forward while keeping your pelvis and torso very upright. You will feel the stretch in the groin on the side of the kneeling leg.